



THE ISLAMIC BULLETIN

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SPECIAL ISSUE

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THE ISLAMIC BULLETIN

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Asalamu Alaikum and Welcome to the Islamic Bulletin!

Ramadan is a time when Allah's mercy is directed towards us in full measure. We are truly fortunate that Allah has really blessed us by allowing us to again witness this holy month of Ramadan. So let us pledge that this Ramadan will make up for all sins and shortcomings that have been committed since the previous Ramadan. Ramadan is the month that unites the Ummah, brings happiness and joy, excitement and relief! The month that Allah has chosen for us to get back on track, repent from our sins, replenish our record of good deeds and increase our Iman.

During the month of Ramadan, let us draw up a plan for the remainder of our life. Resolve that from this time we will become more regular with our salah than ever before. In addition, we should make a commitment to be more regular with performing salah with jamat. Make it a firm intention!

Furthermore, Ramadan is the time of the year when we return to silent and verbal introspection and recharge our spiritual batteries, and make a firm resolution to take the advice and apply it to our lives. Only then will this Ramadan become a turning point in our lives and induce us to change. May Allah grant us the ability to appreciate this Ramadan. May He also bless us with many more Ramadans. We should not think, "Well, we can make the change next year." We should treat every Ramadan as if we do not know if we will ever be given another opportunity after this one.

It is not just a question of whether we will live until next Ramadan, but there is also the question of good health, or the prospect of some misfortune, etc. befalling us! Abu Huraira (R) reported the Prophet (SAW) saying, "The time between the five prayers, two consecutive Friday prayers, and two consecutive Ramadans are expiations for all that has happened during that period, provided that one has avoided the grave sins." [Muslim] So let us take full advantage of this beautiful opportunity that awaits us!

In this issue of the Islamic Bulletin, we have included all of the favorites and so much more. We especially hope you enjoy this issue's How I Embraced Islam—a 70-year-old grandmother's conversion to Islam. This issue's special delicacy to try out is a yummy dessert, Khameer, from Hadramout that we hope you will enjoy. And what better time to enjoy this dessert than during Ramadan!

Also included in this issue are great freebies for you to use in the years to come:

- A prayer chart , Dua poster and other guides for children and adults.
- A guide to Salat ul Janazah (in both the Shafi' and Hanafi mathhab)--So the next time you will know how to follow the imam leading the prayer. Take the time to learn this prayer because one day others will be praying it for you.
- The 11th edition of California Prayer Locations. We hope you enjoy and find our pull-out color center pages useful. The website version has Google maps and Google Earth which allows you to get driving directions to the mosque and be able to see the masjid. Remember to take the listing with you so you do not miss your prayers.

Happy Ramadan, Eid Mubarak and Happy Reading!!

The Staff of The Islamic Bulletin

LETTERS TO THE EDITOR

Dear Editor

I found this very touching piece about the relationship between a father and his child. I hope you include it in your next newsletter.

Farid Mirza
Fairfield, CA

Dear Farid,

Asalamu Alaikum. Thank you so much. The editors also found this article very touching. We are sure that our readers will enjoy it too.

*When I was 4 Yrs Old : My father is **THE BEST***

When I was 6 Yrs Old: My father seems to know everyone

When I was 10 Yrs Old: My father is excellent but he is short tempered



When I was 12 Yrs Old: My father was nice when I was little

When I was 14 Yrs Old: My father started being too sensitive

When I was 16 Yrs Old : My father can't keep up with modern times

When I was 18 Yrs Old : My father is getting less tolerant as the days pass by

When I was 20 Yrs Old : It is too hard to forgive my father, how could my mom stand him all these years

When I was 25 Yrs Old : My father seems to be objecting to everything I do

When I was 30 Yrs Old: It's very difficult to be in agreement with my father, I wonder if my grandfather was troubled by my father when he was a youth

When I was 40 Yrs Old: My father brought me up with a lot of discipline, I must do the same

When I was 45 Yrs Old: I am puzzled, how did my father manage to raise all of us

When I was 50 Yrs Old : It's rather difficult to control my kids, how much did my father suffer for the sake of upbringing and protecting us

When I was 55 Yrs Old: My father was far looking and had wide plans for us, he was gentle and outstanding.

*When I became 60 Yrs Old: My father is **THE BEST***

*Note that it took 56 Yrs to complete the cycle and return to the starting point "My father is **THE BEST** "*

Let's be good to our parents before it's too late and pray to Allah that our own children will treat us even better than the way we treated our parents. Allah(SWT) says:

"Your Lord has decreed that you worship none but Him and show kindness to parents. If one or both reach old age with you then do not say uff! to them nor repulse them, but speak graciously to them." {Quran: Surah Al-Isra 17 : Ayah (verse) 23}

The Islamic Bulletin



"O our lord, forgive me and my parents, and (all) believers, on the Day that the Reckoning will be established! " Quran: Surah Ibrahim 14: Ayah 41}

"O my Lord, have mercy on them (parents) just as they nourished me when I was small." {Quran: Surah Al-Isra: 17 ayah (verse) 24}



Dear Readers,

Our aim is to bring you relevant articles and uplifting messages on Islam, and it is intended to remind you what a beautiful and peaceful religion Islam really is. With all the published negativity about our religion, it is oftentimes easy to feel daunted; we desire to do the opposite. If you're a first time visitor to Islam, we hope to tweak your interest so that you can discover the beauty and truth of this religion yourself. If you are a Muslim who needs to find your way 'back' to Islam, we hope something in this issue entices you to recall the peace that Islam can offer.

Thank you all for making the Islamic Bulletin the wonderful publication that it is! On a final note, the message team is always looking for 'new blood' to help the magazine continue to grow, Inshallah. So if you're willing to donate some time in seeking the pleasure of Allah, then contact us. Let your skills benefit an entire community! With your help, Insha'Allah, the Bulletin can grow to be even more successful and reach more people.

We have dedicated a video hymn in English and Arabic . Go to www.islamicbulletin.org click on *enter here, Islamic Last Will*, and then *Your First Night in the Grave* . ' Watch this video and ponder on the words. *Inshallah we must all take a good look at the lifestyles we are leading*. The Prophet (SAW) explained that actions are according to their ending, so be careful on how your ending will be. *None of us have any guarantee that Paradise awaits for us. Now is the time, especially during Ramadan, to repent to Allah and begin to lead true Islamic lifestyles, Insha'Alla.*

On page 20, we conclude this issue of "The Islamic Bulletin" with the Prophet's (SAW) last sermon before his death. In it, the Prophet (SAW) addressed several issues:

- Freedom & Justice for all
- Sanctity of life, wealth, & property
- Women's rights & obligations
- Exploitation & Monopoly
- Rights of others
- Equality of all races.

The Prophet (SAW) directed his Speech to all humankind. He used the term "O People" seven times. He used the terminology "O Men" once. In the farewell address, the Prophet (SAW) did not use the terminology "O Muslims" or "O Believer". The Prophet (SAW) addressed all people regardless of their religions, colors or times. It contained advice for all future generations to come...Us!

We are grateful to the volunteers for all their help with "The Islamic Bulletin". They wanted to remain anonymous so we ask our readers to remember them in your duas this Holy Month.

May Allah grant them *Jannatul Firdous* (The highest level of Paradise). Happy Ramadan, Eid Mubarak and Happy Reading!!



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ISLAM IN COLOMBIA

BY SAN FRANCISCO GROUP

Over the years we have traveled to different countries throughout the world to revive the effort of the Prophet Mohammed (SAW) and remind the Muslims of their responsibilities and good qualities. The word 'dawah' (invitation) is actually a term that originates way back to all prophets of mankind and to our beloved Prophet Mohammed (S). Many times, Muslims who have relocated to other countries have forgotten Islam. So, by our visiting these countries we hope to correct ourselves, remind the local Muslims to establish 5 amals (activities) and reintroduce the essentials of Islam, and be better Muslims and establish the local effort.

Although many brothers representing a vast array of ethnicities have been fortunate to take part in this dawah effort of visiting and spreading the Word of Allah, I was part of the group travelling to Colombia, which consisted of 7 brothers from the Bay Area. For the next 40 days, these brothers and I would form a bond together; we would share the same small living space, we would cook together, eat together, experience the same hardships and tribulations and along the way, forge a friendship and brotherhood that many times can last a lifetime. So, when we finally got our visas and scheduling taken care of, the brothers and I said our goodbyes to our families. We departed from San Francisco to Mexico and arrived in Colombia.

We were the first group ever from the Bay Area to have visited Colombia so we were a bit apprehensive. Not having any contact information or prior routes to our destination, we were quite aware of the fact that Colombia has a huge drug cartel that patrols the streets. Our looking different was sure to take notice. But we put our trust in Allah that everything would go well. Being that we have had our share of discrimination in the United States, we were not quick to condemn a people by the actions of a few. Judging the country of Colombia by the drug cartels was wrong, and we would not permit ourselves to become prejudiced with fear.

The statistics for Islam in Colombia estimates a total Muslim population of 10,000, representing 0.02 percent of the population. There are a number of Islamic organizations in Colombia, including Islamic centers in San Andrés, Bogotá, Maicao, Guajira, Nariño, and Santa Marta. There are also primary and secondary Islamic schools in Bogotá and Maicao. Maicao plays host to the continent's second largest mosque, the Mosque of Omar Ibn Al-Khattab.

The Muslim presence in Colombia is vast and varied. A large wave of immigrants came from the Middle East in the 1940s, making their permanent home in the town of Maicao in northern Colombia. These immigrants were mostly Muslim and were attracted by the thriving commerce of the town, which was benefiting from the neighboring Venezuelan oil bonanza. It is estimated that Colombia has a

population of 840,000 Lebanese immigrants.

After arriving at 11pm in Bogata, we took a taxi and proceeded to go to the local masjid. To our dismay, we found the masjid closed. The mosque in Bogota is actually a converted 4th floor retail area in the downtown, busy shopping district. With the masjid being closed and having no way of gaining entrance, we found a local hotel and stayed the night; thankful that the first part of our journey had gone so smoothly.

The next morning we went to the mosque. It was here that we spent the next 5 days of our trip. The days here were busily involved visiting the local Muslim community. In addition to Colombian Muslims who were of Middle Eastern descent, there were also Indo-Pakistani Muslims and Muslims who were native Colombian. We were fortunate to meet and befriend Brother Nelson, a Colombian convert, the President of the Islamic Center in Bogata. Brother Nelson was an extremely hospitable host, showing us around the city and taking us to visit the Muslims that he knew. Another Colombian convert, an English teacher named Brother Luis, was our guide throughout the rest of our stay in Colombia.

When news spread throughout the community that visitors had arrived, Muslims from America, Muslims from near and far were eager to come and listen to talks about Islam and the reviving of the effort of the Prophet (S). Other Muslims from neighboring cities invited us to visit them. So we rented a large van and decided to travel to Medellin. It was decided that Brother Nelson and three other local Colombians would join us on our trip; we were appreciative of having Brothers who were familiar with the country to navigate our way around. The local brothers cautioned us that the problem of guerrillas was very real, that we would need to travel by day to avoid any danger, and that the government would close many of the roads and highways at dusk to further protect the citizens. We prepared ourselves to be leaving the next morning after prayer. In all, we felt very successful of our short time spent in Bogata. In addition to meeting and befriending a great Muslim community, four Columbians converted to Islam, including a Flamingo band leader David (Dawud) and a 70 year old grandmother. Just before leaving, a young Colombian man who had recently accepted Islam came to the mosque accompanied by his father. This father said that since his son had converted to Islam, his son started respecting him and behaving differently—kinder and more thoughtful. The father mentioned that he had wanted to see for himself the reasons behind this change in his son. This young man ended up traveling with us on our journey and by the end of our trip, he was so thankful for the knowledge that he had gained and for the experience that made him a more patient person—qualities he said were sure to please his father.

Now accompanying our group as we traveled was Nelson and four other Colombian brothers. We were now a group of 12 brothers traveling by van to the city of Medellin. Although we drove as fast as we could, we were unable to make it to the city limit by sunset and were forced to sleep the night on the outskirts of town. Since we had not planned on doing this, we were unsure where to sleep the night. It was dark so we parked outside a nightclub. Some brothers slept in the van while others put their sleeping bags outside and slept. When we woke up and were preparing to leave, a customer came up to us and told us that we had scared him out of his wits—he thought that we were angels and were here to take his life.

We continued on our journey and saw a sign that said San Francisco. Being from the Bay Area, we all agreed that the city of San Francisco was where we wanted to stop to pray and have a bite to eat. Upon seeing a few of the brothers dressed all in white, the restaurant owner explained to us that his wife, who was almost 9 months pregnant, were making her uncomfortable and they preferred us not to eat there. We were told that we could pray outside. We prayed outside and when we finished the



**Mosque of Omar
Ibn Al-Khattab,
Maicao, Colombia**

San Francisco, Colombia



restaurant owner came and told us that his wife felt so much peace watching us pray. We were about to leave but they insisted that we have café con leche (coffee with milk) and apologized for their prior behavior. San Francisco, a small town in the mountains, had never encountered Muslims nor heard about Islam. Alhamdulillah, Brother Nelson gave an introductory talk about Islam and then talked about Mary's (Maryam's) pregnancy in the Quran. We had distributed dates, brought from the States, and offered them to the locals. Nelson donated the Spanish Quran to the owner of the restaurant who had expressed interest in reading it. His wife ate some of the dates and wanted to choose a name from the Quran for their newborn. They asked us to return to their city in several years so we could talk to their child to explain the importance of the name they chose.

We drove to another town as we saw a sign for delicious fresh fish. We stopped to eat at this restaurant near a lake. After eating a delicious meal of fried fish and salad, we decided to make our prayers there. After praying, the locals asked us to pray for them. We told them that we pray to God directly and that they, too, can do the same. One parent insisted that we pray for her sick child who had been ill for many days. We weren't prepared for this but our amir (leader) told us that we could all collectively make dua'a for this child. We made dua'a and read Surat al Fatiha as there is shifa (cure) in this surah. By the time we finished making dua'a, other people had gathered around us asking us to make prayers for them, too. We told them that we were normal people who were seeking help from God. We explained to them about the oneness of Allah and the basic principles of Islam. Two people wanted to take their shahada. We gave them some Islamic materials in Spanish and directed them to the closest Muslim community.

We finally arrived in the city of Medellin. Our stay in Medellin was a very pleasant memory for many of the brothers. We were warmly welcomed by the local Muslims who were so excited to have a foreign group visiting them. We bid farewell to Brother Nelson who had to get back to his job and family. Our stay in Medellin was busily spent visiting the Muslim community which consisted of families from the Caribbean and some native Pakistanis, in addition to native Colombians. The community in Medellin is very active. During our stay here, a Colombian converted to Islam and the next day he brought his wife who was also ready to convert, Alhamdulillah.

We continued by van on our way to Cartagena and while stopped at a traffic sign in the city of Bucaramanga, people were selling what looked like roasted peanuts. The local Colombians who were traveling with us wanted to stop and buy these snacks, excitedly offering them to us. We were told they were yummy so naturally we were eager to try this roadside snack. However, upon closer examination, they didn't look like peanuts; they looked darker than the ones we have in the US. They invited us

to go ahead and taste them. We asked what they were. They then laughed. "If we tell you what they are, you will never eat them." That was our clue to not eat them! "Go ahead, take a bite and let us know what you think?" They told us that the delicious snack tastes like burned popcorn and is super crunchy. With each bite, there is a crackle sound. Realizing that we were not going to join them in the eating of this snack, they finally told us what they were eating, "*hormigas culonas*" (toasted queen ants)!! We decided to pass on this delicatessen, while our fellow local Muslims munched on—the cracking sounds evident with each bite. It seems that Colombians have been eating ants for centuries.

We finally arrived in Cartagena and then took small canoes to the nearby island of Playa Blanca, which was inhabited by Muslim fishermen. We were surprised to see how Islam had reached this island in Colombia. The island was beautiful, with the reflection of the brilliant sun shining on the sand and sea. The ocean had the most striking colors of blue you had ever seen. Located on this island, there was a small house that had been converted to a mosque. The local imam there was a Colombian convert who had donated his house for a mosque. Brother Carlos was so strong in his dawah efforts that he had introduced forty houses in a radius around the mosque to Islam. He had even been interviewed by the local TV station; Brother Carlos said that the way he attracted people to Islam was how he dealt with his neighbors. And if a person had good qualities and was honest and generous, then your friends and neighbors will look to those

Cartagena, Colombia



qualities and want to emulate them. His house got too small to accommodate the growing population of Muslims so he built a larger prayer place (musala). We visited the local Muslim fishermen and they were so happy to see us; the fact that we had come to visit them from so far had truly touched them. They constantly supplied us with fresh coconuts and other delicious tropical fruit. We passed the warm evenings gathering with the local Muslims, sipping delicious coconut juice and reminding the Muslims about their duties and obligations to keeping Islam active.

Most of the people on this island were fisherman by profession and very humble people. Their main diet consisted of fish. Since we were considered their special guests, they crossed the island just to bring back halal meat so as we would not tire from eating fish. As a special treat for the brothers, the amir (leader) of our group allowed us to go swimming in the clear blue ocean. He must have seen us sweating in the hot weather and without cold, icy drinks. This has been an experience that we'll never forget.

Just before leaving the island, a Muslim brother donated an electric water cooler, either as an encouragement to stay longer

or for the next group that comes by to visit. When we were leaving the fishermen were in tears and asked us to stay longer, but our remaining days were few and we had already extended our stay on the island of Cartagena. We said, "Ojalá we will come back." "InshaAllah we will return." Ojalá is a term used in the Spanish language which was originated by the Muslims of Spain about 800 years ago. The Spanish phrase, *ojalá (que)*, and the Portuguese phrase, *oxalá (que)*, both meaning "I hope (that)," "would (that)," "would to God (that)," etc., are both derived from the Arabic *insha' Allāh*. When asked why they use the word "Ojalá," they will say that they use it as an expression for something in the future. "Ojalá, I get the job, house, car, etc." When the Spaniards shout *olé* at the bullfighter or the flamenco dancer, they echo the Muslim invocation of God, *Allah!* In fact, thousands of Spanish words have their origins in the language of the Muslims whose stay in Spain lasted eight centuries. Examples which can be easily appreciated without much knowledge of Spanish are sugar, *azúcar*, originally *assukar*; and cotton, in Spanish *algodón*, from *al-qutun*. Olive in Spanish is *aceituna*, and olive oil *aceite*, from the Arabic for olive, *al-zeitun*. When Spaniards bid one another farewell and say "Hasta mañana" they are, quite unconsciously as with most of these words, using the Arabic *hattā* which still means what it did in the Middle Ages when it entered Spanish – "until". Many of the brothers were surprised to discover that the people of Colombia were using so many words as part of their language.

From Cartagena, we were expected to visit the Muslims in Maicao. There are about 10,000 Arabs, both Muslims and Christians in this city. However, due to limited time we would not be able to visit them. We had to think of getting back to Bogota, which was about 1046 km from where we were. We had limited daytime travel and police blocks, so we made *mashura* (consultation) and decided to head back south and stopped in Barranquilla. We went through security checkpoints; the government has set up these programs aimed at eradicating drugs. Although 90% of the cocaine entering the U.S. is processed in Colombia, Colombia has made real progress to weaken drug trafficking organization.

Throughout our trip the Colombian Muslims were beautiful people to meet—friendly and hospitable. The Islamic quality of honoring the guests has surely not been lost in this beautiful country. We were welcomed, embraced and made to feel at home. From our wonderful experience in Colombia, we now have a love and attachment to Colombia and can't wait to come back!



THE PURPOSE OF LIFE

This is an advice to all about the purpose of life. I request you to think of what I'm about to say to you as advice; not a lecture.



The information that I wish to share with you may seem a bit extensive. When you consider the capacity of the human brain and the amount of information that it can store and

decipher, then a few pages of information, I'm sure, will not overwork you. It is my responsibility to address the topics of our discussion, "What is the purpose of our life?" and also ask a question, "What do you know about Islam?" I mean what do you *really* know about Islam? Not what you've heard about Islam, not what you've seen in the actions of some Muslims, but what do you know about Islam?

I would like to begin by saying that all of you have an equal responsibility. And that responsibility is to listen with an open heart and an open mind. In a world filled with prejudice and cultural conditioning, it is very hard to find people that are able to take a moment to think. To think about life objectively. And try to arrive at the truth about this world and the real purpose of our lives.

Unfortunately, when you ask most people the question, "what is the purpose of our life?" such a fundamental and important question, they will not tell you what they have concluded through observation or analytical reasoning. Rather, in most cases, they will simply tell you what someone else said. Or they will tell you what is commonly presumed by others. What my father said what the purpose of life is, what the minister of my church said the purpose of life is, what my teacher in school said, what my friends said. If I ask anyone what's the purpose eating, why do we eat? Most people will say, in one way or another, it's for nutrition; because nutrition sustains life. If I ask people why they work, they will say because it is a necessity in order to support themselves and to provide the needs of their family. If I ask people why they sleep, why they wash, why they dress, etc. they will answer this is a common necessity for all human beings.

We can follow this line of questioning with a hundred questions and receive the same or similar answers from people, in any language, in any place in the world. Simple. Now I ask you the question, "What is the goal and purpose of our life?" and we get so many different answers. That's because people are confused. They don't really know. They're stumbling in the dark. And rather than say, "I don't know", they just offer any answer that they've been programmed to answer. Well, think about it now. Is our purpose in this world simply to eat, sleep, dress, work, acquire some material things and enjoy ourselves? Is this our purpose? Why are we born? What is the object of our existence and what is the wisdom behind the creation of man and this tremendous universe? Think about that question.

Some persons argue that there's no proof of any divine origin, there's no truth that there is a God, there's no truth that this universe has come about through any divine purpose. They say that perhaps this world has come about by chance. A big bang and this whole great world, with all of its orchestrations, just came together. They argue that life doesn't have any definite purpose, and there's nothing that can be proven through either logic or science that there's a God, or a purpose, or any divine reason behind this world. I would like to mention a few verses from the Quran that addresses this subject.

“Verily! In the creation of the heavens and the earth, and in the alternation of night and day, there are indeed signs for men of understanding, who remember Allah standing, sitting, and lying down on their sides, and contemplate the creation of the heavens and the earth, (and conclude), “Our Lord! You have not created all this without purpose, glory to You! Grant us salvation from the torment of the Fire.” (Quran 3: 190-191)

Now hearing these verses, Allah has mentioned very clearly to us by first drawing our attention to the creation of ourselves, to different postures of the human body, the different attitudes of the human psychology. He draws our attention to the heavens, the alternation of the night and day, the firmament, the stars, the constellations, and then He says to us that He has not created all of this for any foolish purpose. When you see the design of it, you know that the design of it is very powerful and very precise. And something very powerful and very precise that is beyond your own calculations and imagination; it cannot be foolish. It cannot be just thrown together. For instance, if you took ten marbles, and numbered them one through ten, and all of them were different colors, and you put them inside of a bag, and shook the bag, and closing your eyes, reached inside that bag. And I told you to pull out marble number one and pull out marble number two and marble number three in order. What is the chance that you will pull out the ten marbles in order? Do you know that the chances are? 26 million in one. So what are the chances of the heaven and earth being thrown in a big bang; and orchestrated like they are. What's the chance of that?

My dear respected readers, we have to ask ourself a further question. When you see a bridge, or a building, or an automobile, you automatically consider the person or the company that constructed it. When you see an airplane, a rocket, or a satellite, or a large ship, you also think about how incredible an invention it is. When you see a nuclear plant, an orbiting space station, or a super international airport, like what exists here in this country, you have to be thoroughly impressed with the engineering dynamic that are involved. Yet, these are just things that are manufactured by human beings.

Then what about the human body; with its massive and intricate control systems? Think about it. Think about the brain; how it thinks, how it functions, how it analyses, how it stores information, retrieves information, distinguishes and categorizes information in a millionth of a second! And does it constantly. Think about the brain for more. This is the brain that made the automobile, the rocket ship, the boats, and so and so; think about the brain that makes everything. Think about the heart. This magnificent pump works 24 hours a day for your entire lifetime without stopping. It pumps 100,000 beats in a day, while sending five liters of blood circulating through your body in just 13 seconds. In one single day your heart can pump enough blood to fill a good sized oil truck. How it pumps continuously for 60 or 70 years; in taking and discharging blood throughout the body and maintaining a steady precision throughout the life of that person.

Think about it. Think about the kidneys; what kind of function do they carry? The purifying instrument of the body; which performs

hundreds of chemical analysis simultaneously. And also controls the level of toxicity in the content of the body...and it does this automatically.

Think about your eyes. The human camera; that adjusts, focus, interprets, evaluates, applies color automatically; the natural reception and adjustment to light and distance. The eye is the world's best camera. It can take flawless pictures and transfer them to the brain without any blurring. Six large powerful muscles control the eye and allow it to move in any desired direction. The focusing muscles of the eye move about 100 000 times a day. To give the leg muscles the same exercise would involve walking 50 miles a day. The delicate parts of this precision instrument are kept clean by the eyelids which act as window wipers. The retina can take ten different pictures each second or 800 000 pictures a day. You blink about 15 times a minute. Who created that? Who has mastered that? Who plans that? And who regulates that? Human beings? Themselves? No of course not!!

What about this universe? Think about this. This earth is one planet in our solar system. And our system is one of the systems in the Milky Way. And the Milky Way is one of the constellations in that galaxy. And there are millions of galaxies like the Milky Way. Think about that...and they're all in order. They're all precise. They are not colliding with each other, they are not conflicting with each other and they are swimming along in an orbit that has been set for them. Have human beings set that into motion, are human beings maintaining that precision? No, of course they're not. Think about the oceans, the fish, the insects, the birds, the plants, bacteria, the chemical elements that have not been discovered and cannot be detected even with sophisticated instruments. Yet each one of them has a law that they follow. Did all of this synchronization, balance, harmony, variation, design, maintenance, operation, and infinite operation; did all of this happen by chance? And also, do these things function perpetually and perfectly also by chance? And do they keep on reproducing themselves and maintaining themselves also by chance? No, of course not!! That would be totally illogical and foolish to think and in the least it would indicate that however it came to be, it is totally outside the realm of human capabilities; we would all agree to that.

The Almighty Power, God...the Creator who has the knowledge to design and to proportion; who has created all of this and is responsible for maintaining all of this is the only one who is deserving of praise and gratitude. If I gave each one of you \$100 for no reason, you would at least say thank you. What about your eyes, your kidneys, your brain, your life, your breath, your children...what about that? Who gave you that? Is He not worthy of praise and thanks? Is He not worthy of your worship and recognition? My readers, that in a nutshell, is the goal and purpose of this life. Allah (SWT) has said to us in the Quran,

“I have not created the jinn, the spirits, nor the human beings, for any other purpose except to worship Me.” (Quran 51: 56)

This is what the Almighty said. So our purpose in life is to recognize the Creator, to be grateful to the Creator, to worship the Creator, to surrender ourselves to the Ceator, and to obey the laws that He determined for us. In a nutshell, it means worship. This is our purpose in this life. And whatever our system...the eating, the drinking, the dressing, the working, the enjoying between the life and the death...all of this is just coincidental. We have been created for worship and that is the purpose of our life. I don't think that anyone can have much argument with that purpose.



Allah says:

"Innalilahi wa inna ilayhi rajioon" To Allah we belong and to Him we shall return." (Quran Surat Al Baqarah 2:156) "Every soul shall have a taste of death, then to us you will be ultimately returned." (Quran Surat Al Ankaboot 29:57)



We say this statement, **"Innalilahi wa inna ilayhi rajioon"** "To Allah We Belong and To Him We Will Return" when someone dies, when we lose something, or suffer a setback or harm. But.....do you know what it really means?

In a nutshell it means that whatever we have is not really ours. It belongs to Allah.

Take a look around you; everything you see, all that you have and all that there is....in you, on you, around you....belongs to Allah alone. It is Allah who has given you all the property and goods you possess, the cars that you own, the house that you live in, the kids that He blessed you with, the health that He gave you, the time that He has allowed you to live on this earth are all Allah's property. Even the bodies we live in and the life that we have belongs to Allah alone. He is the true Owner of them all.

"And to Allah belongs the inheritance of the heavens and the earth....."(Surah Aal-Imraan: 3:180)

"The kingdom of the heavens and the earth and everything in them belongs to Allah. He has power over all things." (Surat al-Ma'ida: 5:120)

Now, since everything belongs to Allah, then we have to include even our souls in that list. The very souls that we think of as our "self"; our "nafs"; our "being" — whatever you want to call it — that very thing that distinguishes you from the rest of the world, belongs to Allah.

And this is the essence of the concept of submission to Allah in Islam. Since He is the true Possessor of everything, and everything is His property, He allots what He wills to whomever He wills.....and then He takes it away. Just like a friend who lends you his book. And then after a few days, he wants it back and you give it back to him...no regrets.....no sorrow....no questions asked. After all, it was Allah's to begin with.

So He may give you something and then take it back after a while. He will bless you with a precious child that you love dearly...and then He may take it away. He will grant you money, honor and status....and then He may take it away. He may give

you youth, vitality and health and then surely He will take it away. Remember....man enters into this world empty handed... and leaves it empty handed.

Each day that passes, each day we breathe, each day we go about our lives, and it is but a day closer to our end, closer to our return to our Creator. In many cultures Death is something you don't talk about. In fact if you visit most cemeteries, they are so beautiful with grass and decorations that they deviate you from the reality of the occasion.

In this issue of the Islamic Bulletin we describe how to pray Salat al Janaza on page 11 and 12. And while you are standing praying for that deceased person, remember that the day will come when you will be laying down helpless while others pray for you. Have you thought about your death? When your time is up and you can do nothing more than what you had done? Every time you hear of someone dying, know that your turn is getting nearer and one day it'll be your turn.

Think really hard when you are praying and ask for forgiveness. I look at the whole thing as a reminder. Death is a fact that is hard to comprehend because we think it is not for us. Some people think they will go to Allah when they are older. But how can we be so sure that we will even live an additional day? The Prophet Muhammad (S) used to remember his death every day many times. After death has come - those who did wrong in this life, will surely wish they could come back to this life and to have another chance to do good, and by this time, it will be too late. Now is the time to change our lifestyle and obey Allah. Before it's too late, let us be one of those who will be under the shade of Allah.



Ask and He Gives

I asked for Strength.....
And Allah gave me Difficulties to make me strong.

I asked for Wisdom.....
And Allah gave me Problems to solve.

I asked for Prosperity.....
And Allah gave me Brain and Strength to work.

I asked for Courage.....
And Allah gave me Danger to overcome.

I asked for Love.....
And Allah gave me Troubled people to help.

I asked for Favors.....
And Allah gave me Opportunities.

I received nothing I wanted
I received everything I needed
Allah answers my prayers.

How I Embraced Islam

My Incredible Discovery of Islam

When someone asked me recently how I came into the fold of Islam, I was taken aback and a bit surprised. For I have never thought of my coming into Islam as having one critical turning point. When did I first question Catholicism? When did I first want to become a Muslim? The answers to these questions and many others require more thought than I could have ever imagined.



To really answer these questions I have to start at the very beginning so that you understand the point to where I got in my life that led me to finally accept the truth of Islam. I became a Muslim at the age of 67, and I thank God that He has blessed me to become a believer in Islam. **“Those whom Allah (in His plan) wills to**

guide,- He opens their breast to Islam; those whom He wills to leave straying,- He makes their breast close and constricted, as if they had to climb up to the skies: thus does Allah (heap) the penalty on those who refuse to believe.” (Quran 6: 125)

I was raised in a strict Roman Catholic home, the middle daughter of three children. My father worked hard and long every day. He would leave early in the morning each day and would return late at night. All of this so that my mother could stay home and take care of my sisters and me. One very sad and unfortunate day my mother told us that my father had been in a car accident. He passed away suddenly and our whole world turned upside down. With all the changes that were taking place, my mother told us that she would now have to go back to work. My mother, who had once been a nurse, was now forced to work to support us. She found a job in the local hospital, many times working two shifts. But with this newfound responsibility, my mother was no longer able to oversee our upbringing. And although she sent us to Catholic school, her job kept her from keeping a watchful eye on her daughters.

So, with much time to pass and spend, I found myself spending time with my friends at the local cafes. It was there that I met a very nice Muslim man who later became my husband. My mother did not know that I was spending time with this man. In fact, when I told her that I was in love and wanted to get married, she warned that we were from different backgrounds and that we would eventually have problems. She stated that if there were ever children in our future, problems over religion would undoubtedly develop. At twenty years old, I could not imagine that we would have any problems in our marriage. I was so in love and felt so happy that someone would be taking care of me. My husband was not a very religious man at that time, and deep down I felt that I would be able to get him to convert to Catholicism. As for us not having the same ethnic background, I considered myself more open-minded and was excited to be embracing a new culture.

Everything seemed to be going along so perfectly for the next several years. We were happy and not once did culture or religion ever cause us any problems. God blessed us with a beautiful son and then several years later with a beautiful daughter. Still, we went along with our lives and I even began taking my children to church with me. My husband never prevented me from attending weekly Sunday mass. However, after a few times of my taking our children to church, that is when he spoke to me about his not wanting the children to attend church. Frankly, I was angry and upset. “But why not,” I objected. “Any religion is better than none,” I argued. I really could not understand the harm in taking them to church. Up until this point, we had never even discussed religion. In fact, I

had never even questioned that there could even be a different religion than Catholicism. I was born a Catholic and thought that Catholicism was the right religion. For explanations that I can’t even put a finger on, it seemed like from this day on, so many problems were now evident. We argued all the time—about everything and everyone. Now, little things became a big deal. Religion became an arguing point between us. The differences in our cultures became something to argue about. We argued about in-laws and most unfortunately, we argued on the upbringing of our children. Everything that my mother warned us about was now coming true.

The only peace and harmony that was now between us was the wisdom, sincerity, concern and love my husband’s father, my father-in-law, had for our marriage. My father-in-law loved his son and grandchildren, yet also genuinely loved me as a daughter. He was a very religious and devout Muslim and was a very wise man. At that time, because I was not surrounded with Islam, my father-in law was the first introduction into Islam I had. He prayed every prayer, fasted during the month of Ramadan, and was very generous to the poor. I could feel his connection to God. In fact, my father-in-law was so kind to the needy that every day after coming home from the dhur prayer at the mosque, he would invite any needy person home to eat lunch with. This was every single day. Up until his death at the age of 95, relatives remembered that he had continued with this habit.

My father-in-law did not like the arguing between my husband and me and counseled us to find a solution before the children suffered as a result of our fighting. He tried desperately to help us find a solution. He warned his son to allow me room to practice my religion, but it was no longer about religion anymore. I felt frustrated and desired to take a break. When I asked my husband for a separation, he agreed that perhaps it was the best thing for our marriage. You know the saying, “Absence makes the heart grow fonder.” Well, not in our case. In fact, the absence made our hearts grow further apart. After the separation, we both wanted a permanent separation and agreed on a divorce. Although I desperately wanted my children to live with me, we both felt that it would be better for the children to be raised by their father. He was in a much better position, financially, to raise them and give them many comforts; something I was not prepared to give. How I longed for them every night. I moved back with my mother and continued seeing my children every weekend. My ex-husband would drop off our children on Friday afternoons and pick them up early Sunday mornings. Although this arrangement hurt, it was better than nothing.

Each night before going to bed, I would read from the Bible. When my children were visiting me, I would read them a passage regardless of whether my children understood or not. After reading a passage, one night I would seek help from Jesus, the next night from the angels, the next night from the different saints, the next night from the Virgin Mary. But one night we had no one else to ask, I had run out of Saints. So I said ‘now we’re going to ask God’. He said ‘Okay, now who is God?’ I said ‘He’s the one who created you, who created me. He is forever our neighbor’. So he was pondering, he was thinking about those words. To my explanation, I rubbed my cross again. I said ‘now thank God’. He looked at the cross and said ‘Mamma, who is this?’ I said ‘This is God. He’s the son of God’. He said ‘You just told me a minute ago that God is forever. How come this one is dead?’ I never, never in my whole life realized that fact. He asked me where does this god come from? And I said, he came from the womb of Mary, of the Virgin Mary. He said ‘Oh, so he was born sometime before’. I said ‘well, yes’. But then he said ‘But you told me that he’s forever. He never dies and he’s never born. My son, who was now about eight, asked me directly, “Mama, why don’t you just ask God for help?” I was surprised and stunned and remember feeling a bit shocked that he would question my religion. I told him that I also ask God. Little did I know that this son of mine would grow up to be a constant thorn in my side, always reminding me about the need to worship the One, True God. Thank God.

I ended up remarrying a few years later and relocated to Australia with my new husband. My ex-husband, who had also remarried, moved his family to Saudi Arabia. I longed to see my children but eventually it was in Italy where I started a new family and became the mother to three more daughters. Still, every single night I would pray, "In the name of the Father, the Son, and the Holy Ghost." The years passed quickly and busily. I was so excited one summer; my son and daughter would be coming to visit me. So many things raced through my mind. Would they be happy to see me after such a long absence? What would we talk about? I prayed for help. All of my fears evaporated the first time I laid eyes on my children at the airport. There was an instant bond between mother and children and it was if little time had elapsed. My son was the more vocal of the two. He made sure to remind me that they do not eat pork, nor could they eat foods that contained alcohol. I told him that I remember that about his religion. I also told him that I also do not eat pork, nor drank alcohol, a habit that remained from the time I was married to his father. As for the wine, well, I would make sure to stop cooking with it while they were home with me.

We had a beautiful summer, getting to know each other, them getting to know their new sisters, pickinicking, going on outings, swimming. I did not want it to end. But I knew that they had their life back in Saudi Arabia and they needed to get back. I asked my daughter the dreaded question of how her step-mother treated her, and I honestly felt happiness when she said she was treated like a daughter.

My children visited me together two more times after that summer. When my son turned 21, he came to live with me for 6 months. We would argue religion—boy, would we argue religion! My son and I are somewhat similar in personality, but we do have our differences – and very obvious ones at that! Whilst I'm very hot tempered in disputes, my son is a lot cooler, so he tends to maintain a sense of calm while I'm borderline crazy! Despite this clash, I believe it works in our favor in that we can find balance within our discussion. We're very much alike in that we are loving, generous and helpful people. What I admire most about my son is his dedication to almost everything he does. He is a sweet, gentle person, but has strong ethics and aims to achieve whatever he puts his mind to, which I respect a lot. I admire his ability to keep a level head in the most stressful of situations. He's very logical and won't dwell too long over a problem. He just attempts to find solutions and neutralize situations as much as possible. I continued to pray that my son would find it in his heart to convert to Catholicism. I so badly wished that he would become a priest—I felt he would make a fine preacher. He was a good boy, and God-fearing at that. Good qualification for the Priesthood. When I once told him that he would make a wonderful priest, my son smiled and replied that it would be more likely that I would become a Muslim rather than he become a Catholic priest.

After 6 months, though, my son expressed desire to leave for the United States. He eventually settled in America and made a home in Miami, Florida. Meanwhile, I became a widow with one teenager daughter left in the house. My son really wanted for me to join him in America, so I left to the States with my 17-year-old daughter. We very much liked it in America and my daughter quickly started to make a life for herself. Nothing had changed for my son and me—we continued talking about Catholicism and Islam and neither one of us would 'give up'. Sometimes, when the subject of the Trinity came up and I could not find any answers or rebuttal to him, I would just put up my hand and walk away. I would get very angry for what I saw was his attacking my religion.

"Why can't you be like everyone else," I asked. "Other Muslims accept me and do not try to convert me." "I'm not like everyone else," he answered. "I love you. I am your son and I want you to go to Paradise." I told him that I am going to Paradise—I am a good, honest woman, who doesn't lie, steal, or cheat. He

begged me to read and learn and discover Islam. Books were brought so that I might open my mind. I refused. Born a Catholic, I will die a Catholic.

For the next 10 years, I remained living near my son, his wife, and family. I desired, though, to also spend some time with my daughter, who was still living in Saudi Arabia. It wasn't easy to get a visa. My son joked that if I just accepted Islam, I would be able to get an Umrah visa. I told him sternly that I wasn't a Muslim. After much hard work and a few connections, I was given a visitor's visa to visit my daughter, who was now the mother of three children. Before leaving, my son held me in a bear hug, and told me how much he loved me, how badly he wanted Paradise for me. He then went on to say how he had everything he had wanted in this life, except for a Mother who was a Muslim. He told me that he prayed to God (Allah) every single day that He (SWT) would change my heart to accept Islam. I told him that that would never happen.

I visited my daughter in Saudi Arabia and fell in love with the country, the weather, and the people. I didn't want to leave after the 6 months so I requested an extension. I would hear the athan (call to prayer) 5 times a day and would see the faithful ones close their shops and walk off to prayer. Although that was very touching, I continued reading from my Bible every morning and evening and would constantly say the rosary. Not once did my daughter or any other Muslim person ever speak to me about Islam or try to get me to convert. They respected me and allowed me to practice my religion.



My father-in-law loved his son and grandchildren, yet also genuinely loved me as a daughter.

My son was coming to Saudi Arabia to visit me. I was so happy—I had missed him so. No sooner did he come was he again after me, talking religion and the Oneness of God. I was angry. I told him that I have been in Saudi Arabia for over one year and no one, not once has anyone ever spoken about religion to me. And he, on his second night here, is so quick to begin the preaching. He apologized and told me that he wanted for me to accept Islam. I again told him that I would never leave Christianity. He asked me about the Trinity and how could I believe in something that just did not make any logical sense. He reminded me that even I had questions about this. I told him that everything does not have to make sense—you just have to have faith. He seemed like he accepted this answer and I was happy that I finally won a discussion on religion. My son then told me to explain the miracle of Jesus to him. Aha, I thought! I am finally getting somewhere. I explained the miracle birth of Jesus, the Virgin Mary, Jesus dying for our sins, God breathing His Spirit in him, Jesus as God, Jesus as the Son of God. He was quiet the entire time I was talking—no rebuttal—my son, quiet? He then quietly asked, "Mamma, if Jesus died for our sins on a Friday, and then as you say, he was resurrected three days later on a Sunday, then who ruled the world for those three days? Mamma, explain that to me?" I thought about the logic to this question and at that moment, I knew that it did not make any sense.

I said, "Jesus was the son of God. Jesus and God are one and the same. My son replied, "Cows have calves; little cows. Cats have kittens; little cats. Humans have children; little humans. When God has a son, what is he? A little God? If so, then do you have two Gods?" Then he asked, "Mama, can you ever become a God?" What a ridiculous question I told him. Humans can never be a God. (Now, I was really getting angry) He then asked, "Was Jesus a human being?" I replied, "Yes." He then said "Therefore, he could never be God." The claim that God became man is also an absurdity. It is not befitting of God to take on human characteristics because it means that the Creator has become His creation. However, the creation is a product of the creative act of the Creator. If the Creator became His creation, it would mean that the Creator created Himself, which is an obvious absurdity. To be created, He would first have to not exist, and, if He did not exist, how could He then create? Furthermore, if He were created, it would mean that He had a beginning, which also contradicts His being eternal. By definition creation is in need of a

creator. For created beings to exist they must have a creator to bring them into existence. God cannot need a creator because God is the Creator. Thus, there is an obvious contradiction in terms. The claim that God became His creation implies that He would need a creator, which is a ludicrous concept. It contradicts the fundamental concept of God being uncreated, needing no creator and being the Creator. Knowing I did not have an answer to him, I replied, "Let me think about the answer."

That evening, I thought long and hard about what my son said. The idea that Jesus as the son of God did not make sense to me anymore. I also could not accept the fact as Jesus and God being one in the same. Before going to sleep that night, my son told me to pray to God before going to sleep and ask Him alone to guide me to the right path. I promised my son that I would sincerely supplicate to God for the answer. I went to my room and read from the book my son had given me. Next, I opened the Holy Quran and began to read. It was as if something had been lifted from my heart. I felt different. I saw the truth in Islam. What had I been fighting against all these years?

That night I prayed to God alone—not to Jesus, not to Mary, not to the angels or saints or holy spirit. Just to God I cried and asked for guidance. I prayed that if Islam was the right choice to please change my heart and mind. I went to sleep and the next morning I woke up and announced to my son that I was ready to accept Islam. He was astonished. We both began to cry. My daughter and granddaughter were called out and watched as I submitted, "There is no God except Allah and Muhammad (pbuh) is His Messenger and Last Prophet." I felt a changed woman. I was happy, as if someone had lifted a veil of darkness from my heart. Everyone who knew me couldn't believe that I had converted. Sometimes I couldn't even believe it! But Islam felt so right, so peaceful, so serene!

After my son left back to the states, I learned how to recite Surah-al-Fatiha in Arabic and have since learned how to perform the prayers. I continued with life as before; except now I am a Muslim. I always loved attending family gatherings with my daughter, and social events as well. I would attend family and friends weddings, henna parties, baby showers (aqiqah) and the gatherings when someone died. About 6 months after I had converted to Islam, I was at a funeral gathering that readily touched my heart and reinforced what a beautiful religion Islam is. A young boy had died from a sickness. As my daughter was getting ready to leave for the condolences, I asked her if she knew the family well. She answered that she did not. "Then why go?" I asked. "Because the family is grieving, and it is my duty in Islam to go and perhaps offer any support that I can." I decided to dress and go with her. I went along with my daughter to pay condolences to the boy's family and was overwhelmed at the number of people in attendance. I was surprised and touched that so many people would come to give the family support. All I could think of as I saw the family grieving was what a beautiful religion Islam was that so many people felt it their responsibility to give their support. And that one event, where Muslims were showing an outpour of sympathy is another moment that proved the beauty of Islam.

I have been a Muslim for three years now, Alhamdulillah. Since that time, I have performed Umrah twice with my son and daughter. My son, daughter and I visited the Kabaah and the Holy Prophet's Mosque in Madinah. I just celebrated my 70th birthday Alhamdulillah. Sometimes I think back to all the hardship and heartache that I must have caused my son. I also wonder if my daughter would have applied a little pressure on me, I might have become a Muslim sooner. But my son reminded me that Allah is the best of planners. And it is only He (SWT) that can give a person Hidayah (Guidance), and read a verse from the Quran, "Indeed it is not such that you can guide whomever you love, but Allah guides whomever He wills." (Quran 28:56). I thank Allah every day that He honored and blessed me by guiding me to the path of Islam and making me a Muslim. Ameen



"INNA LILAH WA INNA ILAYHI RAJIOON"

This year the staff at the Islamic Bulletin were touched by the passing of three special individuals whose ages were 20, 30, and 96 (may Allah have mercy on them all). Their lives and deaths provide important lessons for us to learn, Insha'Allah. There is no guaranteed age for death. Here is what their families had to say about them.



Goolam Hoosen Patel was a 96 year old man who was concerned about his prayers up until the last moment. After praying his last prayer, he asked his family to position his body to be straightened towards the Qibla, and then waved his hands to the angels to take his soul.

"The best of people are those who live longest and excel in their deeds, whereas the worst of people are those who live longest and corrupt their deeds." (Tirmidhi, Sahih)

My grand-pa was alive from the years 1915 -2010, he was always very active in the Muslim community. Beginning in the 1960s, he became a respected leader in the Tabligh Jamaat. He was also instrumental in establishing Darul-Uloom Zakariyya, one of South Africa's most prominent schools, and opened a Quran school in India for the orphans. His family contains many alims, alimahs, and memorizers of the Qur'an. An old-school old-age sage who dispensed no-nonsense advice with humor and grace, he helped thousands to live longer, happier lives. He showed us all how to add not just quality years to our lives but lasting contentment to our hearts.

I was studying at Harvard University and my grand-pa was visiting me, so I asked him to give a talk on Islam. I remember the students, who were in their 20's looking at him, wondering what he could say to them. He started the talk by saying, "a 100 years ago neither you nor I were here, a 100 years from now, none of us will be here, so we have to think about the time in between"... that broke the ice with the students, and they all enjoyed the talk so much when they would see me they would ask when I was going to bring back grand-pa to give another talk.

The Thursday night before he died, he performed his Maghrib. Papa opened his eyes and asked to open the drawer of his bedside table, and called for Ameeri. "Bring me the *Oud Attar* (perfume), Ameeri, the best," his favorite scent, which he often would soak a small piece of cotton in and place it in his ear. He said proudly, "put some on me." The tears gathered in her eyes as her index finger grazed Papa's earlobe and hand stroked his silvery beard.

Once Maghrib ended, the priority was to recite Surah Kahf - a practice neither Papa nor his progeny would ever overlook. The recital was slow and measured, drawing out ayah which gave special reference to the occasion. "Al-maalu wa al-banoon zeenatul hayaat dunyaa... **Wealth and sons are (only) desires and temptations in the life of this world: But the things that last, good deeds with your Lord, are the best as (the basis for all) reward and hopes.** (Quran Surat Al Kahaf 18:46)

The Isha he would soon make resembled so many others he had completed that week, beginning with his intention(niyya) for prayer in Urdu, "ye chaar rakaat namaaz...." Though weak in strength, he managed to reserve whatever he had to determinedly raise his hands for the takbir al-ula, both palms Qibla-bound and turn his face from right to left greeting the scribe-angels with the greetings of salaam and rahma.

Sitting on Papa's right side on my knees with my face directly facing Papa's, now on his side, I saw Papa open his near century-old eyes looking directly at me.

"Ketla vaaja(what time is it)?" "Half past nine, papa"

Did I make my Isha?" "Yes"

"Sure? Did I make my Isha?" "Yes, papa"

"Mere puree namaz pare? Are you sure? I made Isha? "

Thinking that three times was sufficient to establish certainty, I heard Papa ask once more,

"So, I made my Isha?" He then said, "Don't forget to pay the gardener his salary." "Yes, Papa,

Still sitting next to Papa looking at him eye to eye, I spoke,

"Papa, Jumuah Mubarak, we love you so much Papa. Is there anything else I can do for you?"

The whisper came, "Straighten me....." and asked to remove the pillows behind Him so he would be laying him flat. He then repeated, "Straight, straight."

Papa then said, "dori topi" referring to the snowy white cap he diligently worn for the last four decades.

He then initiated the tayammum process. After completing this purifying rite, Papa raised both of his arms into the air and began waving them gracefully through the air. This was certainly not the waving of a soul in distress, but the waving of a soul jubilantly welcoming the angels of the moment. A few breaths later, Papa began his journey in the next leaving this world on the eve of Jumuah at age of 96. About three thousand people attended his funeral on Friday.



Farhana (Lunat) Rana was a 30 year old young woman who died after a year-long struggle with a cancerous brain tumor.

The Prophet (SAW) said, **"Whoever loves to meet Allah, Allah loves to meet him."** (Bukhari)

My dear cousin Farhana passed away. She was an only child and was a joy to her parents and family. Three years ago, Farhana got married and moved to Lawrence, MA. However, she returned to Stockton last year after becoming ill. Throughout her life, she always had a kind word and sweet smile for those around her. This remained true even as she faced many obstacles during this past year. She showed great courage throughout her illness and preferred to remain positive and be thankful for all the blessings that she had in her life. She became very focused on

strengthening her relationship with Allah, the Creator, appreciating her family, and imparting words of wisdom to those around her.

One of my beloved aunts described her last moments in this world by likening the exit of her soul to a silk thread being drawn out of a delicate flower. May Allah make that moment for us as easy as Farhana's.

Her short life gave her enough time to exemplify the sincerity and simplicity one can live one's life with. As she lost function of various facilities -movement, sight and then speech - she used what remained to bring the way of the Prophet (SAW) into her life. In fact, for the last week of her life, as she lay on her bed immobile, she used the only hand she had left to use — her right — to make dhikr on the tasbeeh and use the miswak. All she wanted us to recite was *Ya Salaamu* (Oh Peace — referring to Allah) and Surah Yaseen. Her last actions on this earth were doing her own miswak and holding on tightly to the Qur'an after making tayammum. She knew where she was going and wanted to leave in the most excellent way.

In her last year, Farhana purified herself and got prepared to meet Allah. She got closer to Allah, found her purpose, was able to have a peaceful death and was full of *noor* (light) at her passing. Now we must all make that same decision and get closer to Allah. This is the legacy that Farhana leaves for us.



Asama Ayyad, was a 20 year old young man who was killed as a result of a drive-by shooting.

The Prophet (SAW) said, **"There are seven whom Allaah will shade in His Shade on the Day when there is no shade except His Shade:'A man whose heart is attached to the mosques...'** (Bukhari, Muslim)

I want to share something with the youngsters who think that death is not for them. Last month my 20-year-old nephew, Asama Ayyad went to a Richmond mosque that was hosting a reunion for Muslims from California and other states. They were getting together for an annual Ijtimah, a gathering to pray, help each other, and remember Islamic values. Asama enjoyed helping and especially wanted to give me a hand as I was the cook for this large crowd. After dinner, some people stayed to sleep at the mosque, and others went home. After helping me, he decided to leave, too. I asked him to stay longer at the mosque. He was afraid for his beloved car, which was parked outside.

He left with his friend, a teenage neighbor who wanted a ride in the shiny white Lexus. The plan was to go for a ride and then go home, but at the traffic light on 22nd Street and Bissell Avenue, gunfire erupted from a white van that was following them, hitting the car several times. Mortally wounded, Asama's first instinct was to go back to the mosque, a safe haven of spirituality, family and community.

He drove back to the mosque rather than go to the hospital. His heart was attached to the Masjid, where he had been praying and volunteering just before the assault. Almost unconscious, he crashed into the electric poles next to the masjid.

"La ilaha illa-Allah, Mohammed Rasullulah. Innalilaha wa inna ilayhi rajioon." There is no God but God and Mohamed is his prophet. To God we belong and to Him is our return,"

The Prophet (SAW) said: **"He whose last words are 'La ilaha illa-Allah' shall enter Paradise."** Those were Asama's last words.

All these people that died will be very much missed by their family, friends, and the staff of at the Islamic bulletin. We ask each of our readers to remember them in their Duas this Holy Month. May Allah grant them Paradise.



SALAATUL JANAZAH

1. Facing Qiblah, make intention (niyah) for Salaatul Janazah: Without Iqamah the Imam will recite Takbeer. You will the raise your hands between the shoulders & ears (1a) and recite Takbeer. الله

Fateha : *Bismillahi r-rahmani r-rahim* بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
Al hamdu lillahi rab'bil alamin الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ

الرَّحْمَنُ الرَّحِيمُ *Ar rahmani r -rahim*

Maliki yawmi d-din مَالِكِ يَوْمِ الدِّينِ

Iyyaka na'budu wa iyyaka nasta'in اِيَّاكَ نَعْبُدُ
وَ اِيَّاكَ نَسْتَعِيْنُ

اِهْدِنَا الصِّرَاطَ
الْمُسْتَقِيمَ

سِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ *Sirat al-ladina an'amta alayhim*

غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ
Gayril magdubi alayhim walad dallin

1. In the Name of Allah, the Most Gracious, the Most Merciful. 2. All praise is for Allah, Lord of the Worlds. 3. The Most Gracious, The Most Merciful. 4. Master of the Day of Judgment. 5. You (Alone) we worship, and You (Alone) we ask for help. 6. Guide us to the Straight Way, 7. The way of those upon whom You have bestowed Grace, not of those who earned Your Anger, nor of those who went astray.

2. Then say Takber: **الله أكبر Allahu Akbar** (Allah is the Greatest) raising your hands (2a). Then send blessings upon the Prophet (sallallaahu 'alaihi wasallam) as in the *Attahiyaat* (Durood-e-Ebrahim) (2b)

Muhammad as You sent blessings upon Ibraheem and the descendants of Ibraheem; indeed, You are the Praiseworthy, the Glorious. Oh Allah, Glorify Muhammad and the descendants of Muhammad as You did Glorify Ibraheem and the descendants of Ibraheem; indeed, You are the Praiseworthy, the

Glorious. It is also sufficient to say: اللهم صل على

محمد *Allahuma Salli ala Sayyidina Muhammadin*

3. Then say Takbeer: **الله أكبر Allahu Akbar** (Allah is the Greatest) raising the hands, (3a) and recite the Duaa for the deceased (3b):

اللَّهُمَّ اغْفِرْ لَهُ وَارْحَمْهُ وَعَافِهِ وَاعِفِهِ
عَنْهُ، وَأَكْرِمْ نَزْلَهُ وَوَسِّعْ مَدْخَلَهُ
وَاعْسِلْهُ بِالْمَاءِ وَالتَّلَاجِ وَالْبَرْدِ، وَنَقِّهِ
مِنَ الْخَطَايَا كَمَا نَقَّيْتَ الثَّوْبَ الْأَبْيَضَ
مِنَ الدَّنَسِ، وَأَبْدِلْهُ دَارًا خَيْرًا مِنْ دَارِهِ
وَأَهْلًا خَيْرًا مِنْ أَهْلِهِ، وَزَوْجَةً خَيْرًا مِنْ
الْجَنَّةِ وَنَجِّهِ مِنَ النَّارِ (وُجِّهْهُ، وَأَدْخِلْهُ

Allahum'ma ghfirlahu
 Warhamhu Wa Aafihi Wa'foo Anhu WaAkrim
 Nuzulahoo Wa Was'sa Madkhalahu Wa Aghsilhu
 BilMaa'i Wath Thalji Wal Baradi Wa Naq'qahi
 minal KhataayaKama Yunaq'qa Saubal Abyadu
 minadanasi wa abdilhu daaran khairam min
 Daarihi wa Ahlan Khairam min Ahlihi Wa Zawjan
 Khairam min Zawjihi wa Adkhil hul al Jan'na Wa
 iheezuhu min Azab alqabr wamin Azaabin Naar
 "O Allah! forgive and have mercy upon him, grant him
 well being and pardon him and receive him honorably.
 Expand his place of entry and bathe him with water,
 snow and ice and cleanse him of sin as you cleanse a
 white garment from dirt. Exchange his worldly home
 for a better home and his family for a better family and
 his spouse for a better spouse. Admit him into
 Paradise and protect him from the punishment of the
 grave and the torment of the fire."

4. Then say the final Takbeer: **الله أكبر *Allahu Akbar*** (Allah is the Greatest) raising the hands (4a)

اللَّهُمَّ لَا : and recite the following (4b) :
تَحْرِمْنَا أَجْرَهُ، وَلَا تَفْتِنَّا بَعْدَهُ
وَاعْفُ رِئَاؤُنَا وَلَهُوَ أَرْحَمُ الرَّاحِمِينَ
Allahuma la Tahrimna Ajrahoo wa laa Taftin'na
Ba'dahoo Wagh firlna wa laahoo bi rahmatikaYaa
Arhamar Raahimeen - "O Allah! Do not deprive us of
his reward and after him, do not put us in fitna and
pardon us and him and with him have Mercy upon us
through your Mercy, O Most Merciful." After reciting
this D'ua, make the two Salaams by turning your head
once to the right (4c) and once while turning your
head to the left (4d).This will terminate the Janazah
Salaah.

All conditions for regular Salaah are required such as: Spiritual cleanliness, physical cleanliness, facing Qibla and intention.

See other side for Hanafi Madhab or download from www.islamicbulletin.org - Enter Here- Last Will.

If you have any questions ask a scholar

THE HANAFI MADHAB (METHOD)

HOW TO PERFORM SALAATUL JANAZAH

It is the right of a Muslim that when he/she passes away other Muslims should pray the Janazah prayer for them

In many ahadith, the Prophet Muhammad ﷺ emphasised and encouraged the Muslims to attend funeral ceremonies. Every Muslim male should try his best to fulfil his duty towards the deceased. If no one from the whole of the Muslim Community offers the Janazah Prayers, then the whole community will be considered sinful in the sight of Allah ﷻ. If some of the people offer the Janazah prayer then the whole community will be saved from the anger of Allah ﷻ.

(1a)



1. Facing Qiblah Make Intention (Niyah) for Salaatul Janazah upon the deceased Male, Female or child, to please Allah ﷻ

Without Iqaamah the Imam will Recite Takbeer. You will then raise your hands between the shoulders & ears (1a) and recite Takbeer

اللَّهُ أَكْبَرُ
"Allahu akbar"
God is Great

(1b)



Fold the arms (1b) and start your Salaah in the normal way Recite Thanah with the addition of "wa jalla thanaa uka" as Below:

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ وَتَبَارَكَ اسْمُكَ
وَتَعَالَى جَدُّكَ وَجَلَّ ثَنَاءُكَ وَلَا إِلَهَ غَيْرُكَ

Sub haa nakallaah hum-ma wa bihamdika wa ta baara kasmuka wa ta 'aala jad-duka wa jalla thanaa uka wa laa ilaaha ghayruk

"Glory be to you, O Lord, and all Praises are due unto you, and blessed is your name and high is your majesty and your praises are elevated and none is worthy of worship but you."

2. Then Say Takbeer : "Allahu Akbar" without raising the hands. Then recite Durood e Ibraheem



اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا
صَلَّيْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ
حَمِيدٌ مَجِيدٌ

اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ
كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ
إِنَّكَ حَمِيدٌ مَجِيدٌ

Allaah hum-ma sal-li 'alaa Muhammadin wa 'alaa aali Muhammadin kamaa sal-layta 'alaa Ibraaheema wa 'alaa aali Ibraaheema in-naka hameedum majeed.

Allaah hum-ma baarik 'alaa Muhammadin wa 'alaa aali Muhammadin kamaa baarakta 'alaa Ibraaheema wa 'alaa aali Ibraaheema in-naka hameedum majeed.

"O Allaah shower Your Blessings on Muhammad ﷺ and the descendants of Muhammad ﷺ as You did shower Your Blessings on Ibraaheem ﷺ and the descendants of Ibraaheem ﷺ; You are the Praiseworthy, the Glorious.

O Allaah, Glorify Muhammad ﷺ and the descendants of Muhammad ﷺ as You did Glorify Ibraaheem ﷺ and the descendants of Ibraaheem ﷺ; You are the Praiseworthy, the Glorious."



3. Then Say Takbeer : "Allahu Akbar" without raising the hands, and recite the Duaa For the Deceased

Duaa For An Adult (Male or Female);

اللَّهُمَّ اغْفِرْ لِحَيَاتِنَا وَمَيِّتِنَا وَشَاهِدِنَا وَغَائِبِنَا
وَصَغِيرِنَا وَكَبِيرِنَا وَذَكَرِنَا وَأُنْثَانَا اللَّهُمَّ مَنْ
أَحْيَيْتَهُ مِتَّا فَاخِيهِ عَلَى الْإِسْلَامِ وَمَنْ تَوَقَّيْتَهُ
مِتَّا فَتَوَقَّهِ عَلَى الْإِيمَانِ

Allaah hum maghfirlee hay yinaa wa may yitinaa, wa shaahidin-naa wa ghaa 'ibinaa, wa sagheerinaa wa ka beerinaa, wa z(th)a karinaa wa unthaana. Allaah hum-ma man aah' yaytuhu min-naa fa ah' yihee 'alal Islaam, wa man ta waf-faytahu min-na fata waf-fahu 'alal eemaan.

"O Allaah, forgive our people who are still alive and those who have passed away, forgive those who are present here and those who are absent, forgive our young and our elderly, forgive our males and females. O Allah, the one whom You wish to keep alive from among us make him live according to Islam, and anyone whom You wish to die from among us, let him die in the state of Imaan (Belief)."

Ahmad, Abu Dawud, Tirmidhi, Ibn Majah

Duaa For A Boy

اللَّهُمَّ اجْعَلْهُ لَنَا فَرَطًا وَاجْعَلْهُ لَنَا آجَرًا وَذُخْرًا
وَاجْعَلْهُ لَنَا شَافِعًا وَمُسَفِّعًا

Allaah hum-maj 'alhu la-naa faratanw waj 'alhu la-naa ajranw wa zukh-ranw waj 'alhu la-naa shaafi'anw wa mushaf-fa'ah.

"O Allah, make him a means for our salvation, and make him a reward and treasure for us in the Hereafter, and him an intercessor for us, one whose intercession is accepted by you."

(Hidayah)

Duaa For A Girl

اللَّهُمَّ اجْعَلْهَا لَنَا فَرَطًا وَاجْعَلْهَا لَنَا آجَرًا وَذُخْرًا
وَاجْعَلْهَا لَنَا شَافِعَةً وَمُسَفِّعَةً

Allaah hum-maj 'alhaa la-naa faratanw waj 'alhaa la-naa ajranw wa zukh-ranw waj 'alhaa la-naa shaafi'a tanw wa mushaf-fa'ah.

"O Allaah, make her a means for our salvation, and make her a reward and treasure for us in the Hereafter, and her an intercessor for us, one whose intercession is accepted by you."

(4a) (4b)



4. Then Say the final Takbeer : "Allahu Akbar" without raising the hands and conclude with:

السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ

"Assalamu alaykum wa rahmatullah"

Peace be upon you, and the mercy of Allah once whilst turning your head to the right (4a) and once whilst turning your head to the left (4b).

All conditions for regular Salaah are required for Salaatul Janazah such as Cleanliness (Tahara), clean clothes and being in the state of Wudhu.

The Imam should stand level with the head and shoulders of the dead body of a male, and should stand level with the abdomen of a female body.

There is no fixed time for offering this prayer but makruh times must be avoided e.g. Sunrise (Zawaal) and Sunset.

Janazah Salaah is performed standing up but there is no Ruku, Sajdah, Jalsa etc. There is also no Adhaan or Iqaamah.

See other side for *Shafi'i Madhab* or download from www.islamicbulletin.org -Enter here- Islamic Last Will

HOW TO PERFORM SALAATUL TASBEEH

Ibn Abbās ؓ narrated that the Messenger of Allaah ﷺ said to Al-'Abbās bin 'Abdul-Muttalib ؓ:

"O Abbās, O my uncle! Should I not give something to you? Should I not give you a present? Should I not give a gift to you? Should I not instruct you to ten things – If you were to do them, Allaah ﷻ will forgive your sins; the first of them and the last of them, the old of them and the new of them, the unintentional of them and the intentional of them, the small of them and the large of them, the hidden of them and the public of them. Ten things which are: that you pray four Rak'ahs.....(After this the Prophet Muhammad ﷺ taught him the way of performing this Salaah)

The Prophet Muhammad ﷺ then said; "if you are able to pray this once everyday, do so, and if you can not do so, then once every week, and if you can not do so, then once every month, and if you can not do so, then once every year, and if you can not do so, then once in your lifetime." (Abu Dawud, Tirmidhi, Ibn Majah)

The Tasbeeh to be recited in Salaatul Tasbeeh is:

سُبْحَانَ اللَّهِ وَالْحَمْدُ لِلَّهِ وَلَا إِلَهَ إِلَّا اللَّهُ وَاللَّهُ أَكْبَرُ

Subhaan Allaahi Wal Hamdulillaahi Wa Laa ilaaha illal Laahu Wallaahu Akbar
'Glory be to Allaah. All praise is due to Allaah. There is no God except Allaah. Allaah is the greatest.'



1. Make intention (Niyah) for four Rak'ahs Nafil for Salaatul Tasbeeh to please Allaah ﷻ and then start your Salaah in the normal way

2. After reading Thana
Recite the above Tasbeeh 15 times



4. Then go into Ruku and after the Tasbeeh (Subhaana Rabbiyal Azeem)
Recite the above Tasbeeh 10 times



5. Go to Qowmah (standing position after Ruku) and after saying Samee Allaahu Liman Hamidah, Rabbana Lakal Hamdh, then
Recite the above Tasbeeh 10 times



6. Go into the 1st Sajdah and after the Tasbeeh (Subhaana Rabbiyal Aa'la)
Recite the above Tasbeeh 10 times



7. Now sit-up from the first Sajdah in Jalsa position (sitting position between the two Sajdahs) and then
Recite the above Tasbeeh 10 times



8. Now go into the 2nd Sajdah and after the Tasbeeh (Subhaana Rabbiyal Aa'la)
Recite the above Tasbeeh 10 times

This completes the 1st Rak'ah with the Tasbeeh been prayed 75 times

The remaining three Rak'ahs will be prayed in a similar manner but without Thana (point 2) and Ta'awwuz (point 3)

Note:

- 1) You can pray Salaatul Tasbeeh any part of the day or night except during the forbidden times for performing Salaah. It is encouraged during the potential nights of Laila-tul-Qadr because of the blessings during that blessed night as stated in the Qur'aan itself (Surah Qadr, Chapter 97).
- 2) Your aim is to recite the above Tasbeeh 300 times in total over 4 Rak'ahs with 75 Tasbeehs in each Rak'ah. However, please do not count loudly, or on the fingers or by holding beads in your hand. If by mistake the Tasbeeh in any one position is missed, recite the missed Tasbeeh in the next posture or at the end.
- 3) You may count by pressing the fingers as a reminder. For example if you are in Ruku. You may press the first finger of your right hand first for the first count, then the finger next to it for second count, then the middle finger for third count, following this method until you reach the little finger of your left hand, and that will give you a count of ten. Use the same method during the whole Salaah.
- 4) There is another method to pray Salaatul Tasbeeh which is also correct and acceptable; instead of praying the 15 Tasbeeh's after Thana (as in point 2) pray 15 Tasbeeh's after the Surah (point 3). Now after the 2nd Sajdah (point 8), come back to the jalsa position (as in point 7) and then pray the 10 remaining Tasbeehs to make the total 75 Tasbeehs in that Rak'ah - After this say "Allaahu Akbar" and stand up and start the next Rak'ah (If you are at the end of the second or fourth Rak'ah, then Recite the Tasbeeh before Tashahud - At-tahiyyaatu lillaahi..).

If you have any questions please ask a scholar



LEARN TO PERFORM AND CORRECT YOUR WUDHU

Step 1: Make Niyyah (Intention)

Intention is the basis of all actions. Before Wudhu, make the Niyyah that you are performing an act of worship by making Wudhu to please Allaah subhaanahu wa ta'ala

Step 2: Say Bismillah بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Say Bismil-laahir Rahmanir Raheem (I begin with the name of Allaah, the most Gracious, the most Merciful).



Step 3: Begin by washing your hands

Wash both hands properly 3 times, up to and including the wrists. Make sure you do not miss any part.



Step 4: Rinse your mouth:

Rinse and gargle your mouth thoroughly, 3 times. Try to use a miswaak (toothstick) before rinsing your mouth as it is a Sunnah that multiplies the reward of Salaah by up to 70 times.

(Gargle gently if you are fasting)



Step 5: Clean your nose

Take some water with your right hand gently up into your nostrils, making sure it reaches into the nasal passage, and then clean it with the small finger of your left hand. Do this 3 times.



Step 6: Wash your face

(a) Thoroughly wash your entire face 3 times, covering from the top of your forehead to the bottom of your chin and from one earlobe to the other.

(b) Men with a light beard must take a handful of water, starting at the top of their beard, and rub the water through it.



Step 7: Wash your forearms

Start by putting some water into the palm of the right hand, and then raise your forearm letting the water run down your arm up to and including the elbows. Do this 3 times. Each time pass your other hand over your forearm to make sure it is completely wet and no part is missed. Then do the same with the left arm. After this use your wet hands to wipe in between the fingers of the right hand and then the left.



Step 8: Perform Masah

(a) Wet your hands, then place the palms of your wet hands on your forehead (where the hairline begins), and drag your hands all the way back to your neck, and then back to the front.



Step 8:

(b) Using the same wet hands, place the index fingers inside the lobe of your ears and then wipe the back of your ears using your thumbs.

(You may also pass the back of your wet hands over the back of your neck)



Step 9: Wash feet

Finally, wash both your feet 3 times, remembering to wash the ankles, heel and between the toes. Wash your right foot first and then the left. Try to use your left hand to wash your feet.

Step 10: Du'aa after Wudhu:

Once you have completed Wudhu, say the Kalimah Shahaadah:

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ ، وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

"Ashhadu an laa ilaaha illallaahu wahdahu laa shareeka lah, wa ashadu anna Muhammadan 'abduhu warasooluhu"

You should also say:

اَللّٰهُمَّ اجْعَلْنِي مِنَ التَّوَّابِيْنَ وَاجْعَلْنِي مِنَ الْمُتَطَهِّرِيْنَ

"Al-laahummaj 'alnee minat taw-waabeeena waj 'alnee minal muta tah' hireena"

Fards in Wudhu:

1. To wash the entire face once
2. To wash the two arms including the elbows once.
3. To apply masah (wiping of head with wet hands) on the one-fourth of the head, that is, to rub a wet hand softly on it.
4. Washing both feet including the ankles once.

Fresh wudhu is needed after:

1. Natural discharge (e.g. urine, stool, wind and the like)
2. Flow of blood or pus from any part of the body.
3. Vomiting a full mouthful.
4. Falling in to deep sleep.





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19446 Norwalk Blvd, Cerritos, 90703, 562-305-3611, 55°605S° Del
Almo Biv. Ex 5A° L° Norwalk° L

CHINO VALLEY ISLAMIC CENTER
5565 Daniel St., Chino Hills, 91710, 909-664-2408, 55° Ex 134B
°CA60E° Pomona° Ex 29A CA71S Corona° Ex 10 Grand° L° 12th
St° www.ChinoValleyIslamicCenter.org

MASJID OMAR IBN AL-KHATTAB
1025 W Exposition Blvd, Los Angeles, 90007, 323-723-9938, °101S°
Vermont Ex° Exposition R° www.omaribnalkhattab.org

MASJID BILAL
4016 South Central Ave., Los Angeles, 90011, 323-233-7274,
55°10E° 110 S° M° Luther King Ex° L° Central S R
www.masjidbilalonline.com

MASJID AL SALAM
2900 W Florence Ave, Los Angeles, 90043, 323-758-4033,
55°405S° Florence Ex° Straight° Florence L

MASJID TAWHID
852 Santee St., Los Angeles, 90014°55°CA170S° 101S°110S° *Ex 3B
San Pedro° W 8th St° Ex 22B to 9th St° L° Santee

DAR AL-QUR'AN
10887 Venice Blvd, 2nd Floor, Los Angeles, 90034, 101°405°E Venice
MASJID ABU BAKR AS SADDIQ
3611 Crenshaw Blk., Los Angeles, 90016,323-732-4249
°101S°405S°110E°Rosa Parks Fwy°Ex 9 Crenshaw R°

MASJID AL-MOMIN
1635 S St Andrews Pl., Los Angeles, 90016, 101S° Ex 6 Melrose R° L°
Westier° R° Venice° L° S St Andrews

MASJID AL RASUL
11221 S CentralAv., Los Angeles, 90059, 323-567°7114 55°405S°1°-
105E° Ex Norwalk° Ex S Central Av° Ex 9 L

MASJID IBADULLAH
2310 W Jefferson Blvd, Los Angeles, 90018, 323-734-9940
55°405S°10E° Arlington Av Ex R° W Jefferson R°

MASJID AL-FALAH
4151 West 3rd. St. # B. Los Angeles, 90020°101. S° Ex 6B O.N
Ardmore Ave.° L. Melrose Ave° 1st right O. N Normandie A veright at W
3rd St.

MASJID BILAL IBN RABAH
5450 S Crenshaw Blvd, Los Angeles, 90043, 323-291-
0105, °101S°405S°110E°Rosa Parks° Ex 9 Crenshaw R°

ORANGE COUNTY ISLAMIC FOUNDATION
23581 Madero Dr, Mission Viejo, 92691, 949-595 0480, 55° Alicia Pkwy
Ex° Via Linda° L° Madero° L° www.ocif.org

AL NUR ISLAMIC CENTER
4959, Palo Verde Street, # 202 B, Montclair, 91763, 626-378-8156,
55° Ex° L° 210 E° Ex 45 O. CA° 57 S° Ex 22 O. I° 10 E° Ex 48° R. Palo
Verde St www.alnuric.org

MASJID QURTUBA
1121 Huntington Dr, Monrovia, 91016, 626-305-0077, 55°210W° Buena
Vista Ex° Central L° Buena Vista R° Huntington L

MASJID ALRAHMA
12125 4th Street, Suite R-101, Moreno Valley, 92557,
55°210E°10E°115S°60E° Ex 59 Day St R°

ISLAMIC CENTER OF MORENO VALLEY
24436 Webster St., Moreno Valley, 92557, 951-247-8581,
55°210E°110E°115S°60E° Ex Heacock° L° Sunnynhead° R Indian° R
Webster

MADINA ISLAMIC CNTR (Guest house Hotel)
12500 Firestone Blvd, Norwalk, 90650, 562-650-6419°55° 405S°60E°N°E
SR 91° Ex Pioneer B° L° 108St

MUSLIM COMMUNITY CENTER
22607 6th St, Newhall, 91321, 661-259-9008, 55° Ex° CA126° L. Magic
Mountain Pwy° R° San Fernando° R 6th

ISLAMIC CENTER OF CONEJO VALLEY
2700 Borchard Rd, Newbury Park, 91320, 805-489-2106, 55° R. I-405
S° Ex O. CA° 118 W. O. Moorpark Pwy, O. CA-23 S, Ex 12B. O. US-101
N. Ex 47B for Borchard Rd,
R Borchard Rd Rancho Conejo Blvd, U-turn at Lupe Ave
www.iccv.org

ISLAMIC CENTER OF NORTH HOLLYWOOD
5114 Vineland Ave, North Hollywood, 91601, 818-980- 9325, 55° State
170 S Hollywood Ex. O. CA°-170 S, Ex 6A L. Riverside Dr, O. Camarillo
St, L Vineland Ave.
www.ignoho.org.

ISLAMIC CENTER OF NORTHRIDGE
8424 Tampa Ave, Northridge, 91324, 818-360-3500, 55° 405S° Santa
Monica° Ex Roscoe Biv. R° R° Tampa www.godici.com

JAMALUDEEN AFGHAN ISLAMIC CENTER
546 W. Katella Av, Orange, CA, 92667, 714-288-9655, 55° Ex. L. Gene
Autry Way° L° at E Gene Autry Way° L. S° State College Blvd° 1st R.O.
E Katella Ave°.

ISLAMIC CENTER OF OXNARD
525 S A St., Oxnard, 93030, 805-486-8886, 101S° R° CA 126W° CA118
Ex 5 Saticoy R° to S Wells° S Los Angeles° R R E Vineyard° L N Oxnard° R
W 5th St° L° South A
www.islamiccenterofventuracounty.com

MASJID OF ANTELOPE VALLEY
1125 E. Palmdale Bl., Palmdale, 93550,661-224-1111, 55°CA-138
Palmdale° CA-14S° CA-138E° Ex W Palmdale Blvd L°
www.geocities.com/taley

IMAM BUKHARY MASJID
8741 Van Nuys Blvd #209, Panorama City, 91402, 818-894-
3025°55°405°N° Ex N° Nordhoff L° R° Van Nuys

ISLAMIC CENTER OF PERRIS

GOLETA (Santa Barbara Area)
650 Ward Dr, Suite H, Goleta, 93117, (805) 681-1333, °101. S° 105
Fairview Ave° R° N° Fairview Ave° 2nd L.O. Hollister Ave° R. Ward
Dr www.islamsb.org

ISLAMIC CENTER OF GRANADA HILLS
11439 Encino Ave, Granada Hills, 91344, 818-360-3500, 55° Ex
161B San Fernando Rd° R° R° Balboa Blvd° R° Rinaldi° L° Encino
Ave www.godici.com

ISLAMIC CENTER OF HAWTHORNE
12209 S Hawthorne Way, Hawthorne, 90250, 310-973-8000,
55°405S° E1 Segundo Ex° So La Cienega R° W 120th R° Hawthorne
R° www.ish-la.org

ISLAMIC CENTER OF HEBER
1202 US Highway 86, Heber, 92243, 760-562-8949, 55° L
1805S° Ex. 17B / I-8E El Centro° Ex 115 CA-86 4th St R

HEMET

ISLAMIC CENTER OF HEMET
44212 Florida, Hemet, 92544, 951-312-0372, 55° Pomona Fwy
Ex 134B° CA60E° Gilman Spring Rd Ex R° CA79S° N Sanderson
R° Ramona Expy L° Florida L° www.icov.org

JAMAT MASJID UL-ISLAM
320 Java Ave, Inglewood, 90301, 310-672-0773, 55° 405S° Santa
Monica° Ex 46 Century (Lax Airport) R° S La Cienega° R° W Abor
Viale° L° Java

ISLAMIC CENTER OF IRVINE
2 Truman Irvine, 92620 949-786-4264, 55° Walnut Ex R° Jeffrey R° L°
Roosevelt° L. Truman° www.icol.net

MUSLIM COMMUNITY SERVICES, INC.
15077 Imperial Hwy, La Mirada, 90638, 562-902-5999°5° S° Rosecrans
Ave Ex 120° L° Valley View Av° R° Imperial Av° www.muslimcscs.org

BAIT UL MUKARRAM
12213 Centralia St., Lakewood, 90715, 562-965-9242
°55°210E°605S° DelArno Ex L° R° Pioneer° L Centralia

ISLAMIC CENTER OF NORTH VALLEY
42354 4th St East, Lancaster, 93535, 661-726-4749, 55° CA-138E
Lancaster° Ex 41 W L Ave. L° R° 4th St

MASJID UTHMAN
7126 Westview Pl, Lemon Grove, 91945, 619-667-8700, 55°1805S° L° Ex
CA-94E° Ex 6 Broadway° R Massachusetts° R Westview Pl

ISLAMIC CENTER OF SOUTH BAY
25816 Walnut St, Lomita, 90717, 310-534-1363, 55° R. I-405° Ex I-110
CA-11° Pacific Coast Hwy° Ex CA-1° NW Pacific Coast Hwy° L at Walnut
St.

ISLAMIC CENTER OF LOMPOC
1015 North A St., Lompoc, 93436, 805°735° 1785° 101S° E Clark Ave
R° L CA-135S° R Harris Grade rd° R CA-1° NIN° H St° L E Central° R N
St° www.islamlompoc.org

MASJID AL-SHAREEF
2104 Orange Ave, Long Beach, 90806, 562-591-5320, 405° S° Orange
Ave Ex R° Pass Hill St° Masjid L

ISLAMIC CENTER OF LONG BEACH
1471 Long Beach Blvd, 90813, 562-218-6660°55° 1710S Long Beach° R
Pacific Coast Hwy CA 15° Merge W Pacific Coast Hwy° R Long Beach
Bld

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2104 Orange Ave, Long Beach, 90806, 562-591-5320, 405° S° Orange
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St° www.islamlompoc.org

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St° www.islamlompoc.org

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St° www.islamlompoc.org

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Ave Ex R° Pass Hill St° Masjid L

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St° www.islamlompoc.org

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St° www.islamlompoc.org

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Ave Ex R° Pass Hill St° Masjid L

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St° www.islamlompoc.org

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Ave Ex R° Pass Hill St° Masjid L

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St° www.islamlompoc.org

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Ave Ex R° Pass Hill St° Masjid L

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R° L CA-135S° R Harris Grade rd° R CA-1° NIN° H St° L E Central° R N
St° www.islamlompoc.org

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2104 Orange Ave, Long Beach, 90806, 562-591-5320, 405° S° Orange
Ave Ex R° Pass Hill St° Masjid L

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1015 North A St., Lompoc, 93436, 805°735° 1785° 101S° E Clark Ave
R° L CA-135S° R Harris Grade rd° R CA-1° NIN° H St° L E Central° R N
St° www.islamlompoc.org

LOCATIONS (ALL SOUTHERN CA. DIRECTIONS START FROM HWY 5)

ISLAMIC CENTER OF CLAREMONT
3641 N. Garey Av., Pomona 91767, 909-593-1865, 55° Ex. I-210 E°
Ex CA-66 E/Foothill Blvd° R to CA-66 E/Foothill Blvd° left at N
Garey Ave www.icscs.com

MASJID AL SABERREEN
805 S Garey Ave, Pomona, 91766, 909-885-7883, 55°210E°71S°W
Mission Blvd L° S Garey Ave R

ISLAMIC CENTER OF NORTH COUNTY
13495 Poway/Rd, Poway, 92064, 858-513-2733, 55° Camino Del
Norte Ex° Becomes Twin Peaks° Community R° R° Poway Rd
L° www.ortec.us

ISLAMIC CENTER OF THE INLAND EMPIRE
9212 Baseline Rd, Rancho Cucamonga, 91701, 909-944-1836,
55° Ex 144 CA-134E Pasadena° CA 210E° Ex 57 Camellian R° L
19th° R Hellman° R Baseline

ISLAMIC CENTER OF REDLANDS
11210 Alabama St., Redlands, 92373, 909-783-44

NORTHERN CALIFORNIA

Directions Start From SF Bay Bridge (Hwy 80)

ALAMEDA

MASJID QUBA

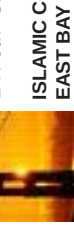
707 Haight Ave, Alameda, 94501, 510-337-1277, 80E*980S*Jackson Ex L*8th L*Webster L*Haight

ISLAMIC CENTER OF ALAMEDA

901 Santa Clara Av., Alameda, 94501, 510-748-9052, 80E*880S*5th St Ex*L

Broadway*R Webster *L Constitution Way*Lincoln

ANTIOCH



ISLAMIC CENTER OF THE EAST BAY

314 W.19th St., Antioch, 94509, 925-756-1652, *80E* 580E*24E*680N*4E*Lst L*W19 R*

BELMONT

www.antiochmasjid.org

YASEEN FOUNDATION

621 Masonic Way,Belmont,94002,650-591-3690*101S *Ralston W. R* Hiller R*Masonic L*

BERKELEY

MSA AT UC-BERKELEY
506 Eshleman Hall,Berkeley, 94720, 80E* University Ex Oxford R*Durant L* Telegraph L* Jumha is @ 1:15pm at the YWCA (2600 Bancroft Way) www.msa.berkeley.edu

BERKLEY MASJID
2716 Derby St. Berkeley, 94705, 510-549-9465, 80E*580* CA 24E towards Walnut Creek*ExClaremont L*Collegel*R Derby*

www.berkeleymasjid.org

CAPITOLA (Santa Cruz Area)
SANTA CRUZ ISLAMIC CENTER
4401 Capitola Rd #2, Capitola, 95010, 831-479-8982, 101S*CA85 S Ex 398B Santa Cruz*CA-17S (880S)* CA1S-Watsonville*

41st Ave Ex R*L. Capitola

www.islamic-center-santa-cruz.org

CASTROVILLE (Santa Cruz Area)
ISLAMIC CENTER OF CASTROVILLE
11080 Cooper St, Castroville, 95012, 831-210-3537, 101S *CA85 S Ex 398B Santa Cruz*CA 17S (880S) Santa Cruz*L Merritt St*L Cooper

CHICO

1316 Nord Av.Chico, 95927, 530-342-5889, 80E*505N*5N*Ex 619 CA32*R CA32 E/ Newville Rd*19 miles* becomes Nord*

www.chicoislamiccenter.net

CONCORD AFGHANI MOSQUE
1545 Monument Blvd 2nd Fl, Concord, 94520, *925-825-2533, *80E*580E* 24E* 680N*Monument Ex

CONCORD DAR UL ISLAM MASJID
4115 Concord Blvd #42, Concord, 94519, 925-798-5558, 80E*580E*24E*680N*Treat Ex R*Concord Blvd L *Inside Dana Plaza Center, www.darulislam.org

MASJID OMAR AL-FAROOQ
2836 Clayton Rd, Concord, 94519, 925-682-4222,80E*580E*24E *680N* 242N* Clayton Ex*

www.islamiccenterofconracoستا.com

DAVIS ISLAMIC CENTER
539 Russell Blvd, Davis, 95616, 530-756-5216, 80E* 113N-Woodland* Russell Ex*

www.davismasjid.org

EL DORADO HILLS MUSALLA
995 Governor Drive # 102, El Dorado Hills, 95762, 916-698-2179*80E*50E* El Dorado Hills Ex*L Governor

ELK GROVE (Sacramento Area)
ELK GROVE ISLAMIC CENTER
9011 Elk Grove Florin Rd, Elk Grove, 95758, 916-686-2398 *80E*50E* 99S* Laguna Ex*L Bond*L Elk Grove Florin

MUSLIM AMERICAN SOCIETY (MAS)
9412 Big Horn Blvd # 2., Elk Grove, 95758, 916-684-6292* 80E*50E*99S*Ex Bond*R Laguna Blvd*L Big Horn

FAIRFIELD

MASJID AL-NOOR
902 Union Ave, Fairfield, 94533, 707-426-5768, 80E* Travis Blvd Ex E*Union R

FOLSOM

ISLAMIC SOCIETY OF FOLSOM
1143 Sibley St. Folsom CA, 95630, 916-984-7422, 50E*Prairie City Rd, Ex, Left* After Blue Ravine. Becomes Sibley St. R.*

www.masjidbilal.com

ISLAMIC SOCIETY OF EAST BAY
33330 Peace Terrace, Fremont, 94555, 510-429-4732, 80E*880S*Alvarado/ Fremont Ex *Alvarado R* Lowry L*Peace Terrace L* www.iseb.org

ISLAMIC CENTER OF FREMONT
4039 Irvington Ave, Fremont, 94538, 510-661-0352, 80E*880S*Stevenson Blvd Ex L*Blacow R*Fremont L *Irvington L*www.icfbavarea.org

IBRAHIM KHALILULLAH ISLAMIC CNTR
43140 Osgood Rd, Fremont, 94539, 510-651-0122, 80E*880S*Automall E Ex *

OSGOOD L
AL-MEDINA EDUCATION CENTER
4673 Thornton Av. # 6 Fremont, 94536, 510-258-1986, 880S*Ex Thornton Av. L

FRESNO

MASJID FRESNO
2111 East Shaw Ave, Fresno, 93710, 559-

222-6686, *80E*580E*205*5N*120 E*99S*Shaw Ex R* www.masjidfresno.org

BADR ISLAMIC CENTER
4222 W. Alamos # 101, Fresno, 93722, 559-274-0906, 80E*580E*205*5N*120 E-Manteca *99S*Shaw W Ex R*R N El Capitlan*L W Alamos* www.masjidbadr.com

MASJID AL-AQABA
1528 Kern St,Fresno, 93706, 559-495-1606 *80E*580*205*5N*120E*99S* Ex132B Fresno St.L.

MASJID HANFORD
308 S 10th Ave, Hanford, 93230, 559-583-1448,80E* 580E*5S*L.CA198 Ex 334*EXW 3rd St*L.S 10th Ave

ALMUHAJERREEN MASJID
185 Folsom St, Hayward, 94544, 510-786-0313,101S* 92E(Bridge)*880S*Tennyson E*R Huntwood*Folsom L.

AMERICAN MUSLIM LEAGUE
731 A St., Hayward, 94541, 510-728-5102*101S *92E (Bridge)*H80N*Ex 29 A St. www.alamedamuslim.org

AMERICAN MUSLIM ASSOCIATION
26320 Gading Rd, Hayward,94544,510-786-2662,*101S *92E*880S*Tennyson Ex E*Patrick L*becomes Gading

MASJID ABU BAKER ALSIDIQ
29414 Mission Blvd, Hayward, 94544, 510-582-2730, *101S*92E (Bridge)*880S* Ex Industrial *Mission L-www.masjidas.org

ZAYTUNA INSTITUTE
631 Jackson St., Hayward, 94544, 510-582-1979*101S *92E (Bridge) becomes Jackson* www.zaytuna.org

LIVEOAK ISLAMIC CENTER
2825 Fir Street, Live Oak, 95953, 530-695-2617*80E *5N* 99N* Pinnington L*P St L*To Fir St

ISLAMIC CENTER OF LIVERMORE
379-C.S.Livermore Ave, Livermore 94550, 925-443-1836 80E*580E*Livermore Ex S R* www.iclonline-ca.org

LODI MUSLIM MOSQUE
210 Poplar Av,Lodi,95247,209-333-9619, 80E*580E* 205N*5N*4E*99N*L Kettleman* R Stockton*Poplar R

FAROOQIA ISLAMIC CENTER
12828 N. Lower Sacramento Rd, Lodi, 95242, 209-333-2946, 80E*580E* 205N* 5N*8 Mile Rd Ex R*L N. Lower

MADERA MASJID
16634 26th Rd, Madera, 93638, 559-675-9910,80E* 580E *205*5N*120-Manteca 99S*17 Ex R*L.Ovr Brg *R 26th* www.masjidmadera.com

MERCED ISLAMIC CENTER
2322 Ashby Rd, Merced,95348,,80E*580E *205N*5N* 120E*99S*Buchach Ex L*Stop R* to Ashby

ISLAMIC CENTER OF MILL VALLEY
62 Shell Rd, Mill Valley, 94941, 415-383-0617, 101N*Ex Mission R*Van Ness L* Lombart L*Golden Gate bridge 101N*Ex Blithedale W L *Straight*Lomita R*Shell R

MASJID DAR AS SALAM
90 Dempsey Rd, Milpitas, 95035, 408-719-9010 101S* 237E*R Dempsey Way*L Dempsey*www.alhilaal.org

MODESTO MOSQUE
1445 Carpenter Rd, Modesto, 95351, 209-576-8149, 80E*580E*205*5N*120E* 99S*Carpenter Ex R.

PENINSULA MUSLIM ASSOCIATION
361 Villa St Mountain View, 94040, (Jumha only) 650-759-3572 ,101S*Ex 398B/CA85 S* R Central Expy* L Castro*L Villa* www.peninsulamuslimassociation.com

AMERICAN MUSLIM SOCIETY (Musala)
3149 California Bl.#A, Napa, 94558,707-294-9521, 80E* CA37W* CA12W* CA29N* Ex Lincoln R*L California

ISLAMIC CENTER OF N. MARIN COUNTY
154 Hamilton Dr, Novato, 94949,415-299-1711, 101N* Ignacio Blvd Ex*Nave Dr. L*Ignacio R*Hamilton L www.islamiccenternm.org

OAKLAND ISLAMIC CENTER
515 31st St, Oakland, 94609, 510-394-7180, 80E*580E* 980S*27th St Ex L* Telegraph L*31st L www.oaklandislamic.org

MASJID ABUBAKR
948 62nd St, Oakland, 94608, 510-652-7716,*80E*Ex Emeryville *Market R *62 L

MASJID-AL-ISLAM
8210 MacArthur Blvd, Oakland, 94605 *510-638-9541, 80E*580E*Edward Ave Ex*MacArthur L* 82nd Ave L

MASJID AL-SALAM
1005 7th. St., Oakland, 94607, 80E*880S*Union St. Ex toward Broadway/ Alameda*7th St R

MASJIDUL WARITHEEN
1652 47th Ave, Oakland, 94601, 510-436-7755, 80E* 580E* High St Ex*Foothill L*47th.Av.R www.masjidulwaritheen.org

CALIFORNIA PRAYER LOCATIONS

LIGHTHOUSE MOSQUE

4606 Martin Luther King Jr Way, Oakland, 94609,80E*580E*CA 24E*R Martin Luther KingU to 52nd www.lighthousemosque.org

JAMAATUS SAALAM

1515 Mac Arthur Bl, Oakland, 94602, 510-530-3272, 80E*580E*Ex 22 Park*L 33 St*L 14 Av*R Mac Arthur

STANFORD UNIV INTERNATIONAL CTR
590 Old Union Club House,#19, 3rd floor, Palo Alto, 94305, 101 S* Embarcadero W Ex*El Camino L* Campus R*to Santa Teresa L*590 Bldg* www.stanford.edu/group/ISSU

STANFORD HOSPITAL CHAPEL
300 Pasteur Dr, Palo Alto, 94305, 650-723-5101, Near entrance of the D1 Unit, 1st floor <http://stanfordhospital.org/forPatients/patientServices/chaplaincyServices.html>

ISLAMIC CENTER OF PETALUMA
222 Bassett Street, Petaluma, 94952, 707-773-1576, *101N*Petaluma Bl. S*L B St*R Post St*L Bassett*

www.islamiccenterofpetaluma.org

PITTSBURG ISLAMIC CENTER
300 E.10th St., Pittsburg, 94565, 925-439-2323, *80E* 580E*24E*HWY4*Railroad Ex L*10th R

MCC EAST BAY
1249 Quarry Ln # 150 Pleasanton, 94566, 925-485-1786*80E*580E*Santa Rita Ex.R.* L.Valley*R, Quarry* www.mcceastbay.org

MASJID PORTERVILLE
289 N. 3rd St, Porterville, 93257, 559-783-2483*80E*205N* 99S* 190E*Main Ex R * Cleveland R*3rd L*

ISLAMIC SOC. OF RANCHO CORDOVA
3333 Sunrise Blvd, Suite K, 95742, 916-859-9973, *80E* 50E*Ex 17*R Zinfandel*L White Rock *R Co Rd E2/Sunrise Blvd

www.is-rd.org

ISLAMIC CENTER OF REDDING
12319 Lake Blvd, Redding, 96003, 530-243-4137,*5N *Lake Blvd. Ex W(3 miles)*

RICHMOND MUSALLA
1330 Cutting Blvd, Richmond 94801, 80E*580W*Ex E Harbor R*Cutting R* richmondmusalla@gmail.com

MASJID AL-RAHMAN
1110 36th St, Richmond,94804,510-236-8130,*80E*San Pablo Dam Rd Ex L*San Pablo L*L Lowell*R 36th

ISLAMIC CTR OF SACRAMENTO
411 V Street, Sacramento, 95818, 916-443-5167,*80E*US 50E*Ex 5th St L*L V St

MASJID ANNUR
6990 65th St, Sacramento, 95823, 916-392-6687,*80E* 99S Florin Rd E Ex*65th L* www.masjidannur.com

MASJID-AS-SABUR
4920 15th Ave, Sacramento, 95820, 916-451-7744, *80E*99S*12th Ex L*Stockton R*15th Ave L* www.masjidassabur.org

SOUTH SACRAMENTO ISLAMIC CENTER
7285 25th St, Sacramento, 95822, 916-422-4720 *80E*99S*Florin Ex W* 25th St L www.darululoomsacto.org

MASJID IBRAHIM
3449 Rio Linda Blvd, Sacramento,95838, 916-613-3457* 80E*Norwood Ex R*Grand L*Rio Linda L* www.masjidibrahim.org

SALAM COMMUNITY CENTER
4541 College Oak Dr, Sacramento, 95841,916-979-1933 80E*Madison Ex*College Oak R www.salamcenter.org

THE ISLAMIC COMMUNITY OF SALINAS
333 Capitol St, Salinas, 93901, 831-422-0900,101S*Ex N Main St*R Alisal*L Capitol* www.salinasmasjid.com

ISLAMIC CENTER OF SAN FRANCISCO
400 Crescent Ave, SF, 94110,415-641-9596,101S* 280S* 1st Ex Alemany* Straight*L Crescent *Up hill

MASJID AL TAWHEED
1227 Sutter St, SF, 94109, 415-776-8088*101N*Mission Ex R* Van Ness L*Bush R*Polk L*Sutter L

AL SABIL/MASJID NOOR AL-ISLAM
48 Golden Gate Ave.,SF, 94102, 415-292-9709,*101S *9th St Ex R*GoldenGate R* www.alsabeel.org

MASJID DARUSSALAM
20 Jones, 3rd Fl, SF, 941102, 415-863-7997, 101S* 9th St Ex R*GoldenGate R*Jones R www.islamstf.com

MUSLIM COMMUNITY CENTER
850 Divisadero St, SF, 94117, 415-563-9397, 80W* 101N*Mission Ex Straight*Market L* Divisadero R

SF GENERAL HOSPITAL
1001 Potrero Av. SF, 94110*101S*Ex Cesar Chavez R*R Potrero* Main building 2nd floor. Chapel is near elevator on the left

SAN FRANCISCO STATE UNIVERSITY
1600 Holloway Av, Student Center Bldg, C139,SF, 94132, 415-338-6829,* www.msasfsu.org

SAN FRANCISCO INT. AIRPORT
Berman Reflection Room,International Terminal, Area G, Departures, Next to Bart Station*Hours 7am-11pm, * 101S*SF Airport (International) *Pray before you fly*

SAN JOSE

SOUTH BAY ISLAMIC ASSOCIATION
325 N 3rd St, San Jose, 95112, 408-947-9389, 101S*Julian Ex R*3rd R* www.sbia.net

EVERGREEN ISLAMIC CENTER
2486 Ruby Ave. San Jose, 95143, 408-239-6668, 101S*Capital Expressway East* L Tully *R Ruby* www.sbia.net/Ruby.html

BLOSSOM VALLEY MUSLIM COMM. CENTER
5885 Santa Teresa Blvd, # 113, San Jose, 95123, 408-362-0903, 408-568-6926*

101S*Guadalupe Pkwy CA87* CA87S L*Santa Teresa Blvd Ex R*www.bvmcc.net

ISLAMIC COMM. OF BAY AREA BOSNIANS
1445 Koll Cir, #103, San Jose, 95112, 408-441-0540, 101S*Brokaw/1st Ex*Bayshore Fwy*4th St.R*Koll R www.dzemat-sanjose.org

SOUTH VALLEY ISLAMIC CENTER
14770 Columbet Ave., San Martin, 95037, 408-535-0112, 101S* Ex Tenant E*R Murphy*L Maple* R Columbet*www.svic.org

AL-HAQ MOSQUE
228 N Ellsworth St, 94401, 650-579-0429, 101S* Poplar Ex E*Ellsworth L www.masjidulhaqq.org

SAN RAMON VALLEY ISLAMIC CENTER
2232 B Camino Ramon, San Ramon, 94583, 925-866-7088, 80E*580E*680N* Crow Cyn Ex R*Camino Ramon

R*Commerce Park Bldgs R* www.svic.org

MCA
3003 Scott Blvd, Santa Clara, 95054, 408-970-0647, 408-980-1161 (School)*101S*San Tomas Ex R*Stay L (Careful)1st light-Scott L* www.mca-sfba.org

MASJID AN-NOOR
1755 Catherine St, Santa Clara, 95050, 408-246-9822, 101S* San Tomas Express Ex R*Stay L (Careful)*Scott L*Pass El Camino* Catherine L* www.mca-sfba.org

SANTA CRUZ
***See Capitola and Castroville**

ISLAMIC SOCIETY OF SANTA ROSA
545 Mendocino Ave. Santa Rosa, 95401,707-525-1144 101N*Ex Downtown Santa Rosa*R 3rd St*L Mendocino* www.islamicociety-st-ro.org

SEASIDE (Monterey Area)
MONTEREY MOSQUE
405 Elm St., Seaside 93955, 831-899-2969 *101S* CA 156W*CA15*CA218 Ex Seaside*Canyon Deley L*L Delmonte* Elm R 5333*www.montereymosque.org

SOUTH SAN FRANCISCO
MASJID AL-JAME
373 Alta Vista Dr, South San Francisco, 94080, 650-871-7183,101S* 280S* Westborough Ex L*Junipero Serra R *Avalon L*Valverde R becomes Alta Vista

STOCKTON ISLAMIC CENTER
1130 S Pilgrim St,Stockton, 95205,209-466-9101, 80E*580E*205*5N*Charter R*Airport L*Jackson L

STUDENT MOSQUE
1130 S Pilgrim St, Stockton, 95205, 209-466-9101, 80E*580E*205*5N*Charter R*Airport L*Jackson L

MASJID UMAR FAROOQ
1304 E. Hammer Lane # 7, Stockton, 95210, 209-477-0877, 80E* 580E*205N *5N*Hammer Ln R*West Lane R* Enter Masjid from back,

AS-SIDDIQ MUSLIM CENTER
2065 E 8th St, Stockton, 95206, 209-941-4915, 80E* 580E*205*5N*Charter Way Ex R*Airport R*8th St L

TRACY ISLAMIC CENTER
11299 Larch Rd., Tracy, 95376, 209-830-6286, 80E*580E*205N*Ex Tracy Blvd L*L on Larch Rd* www.tracyislamiccenter.com

VACAVILLE MUSLIM ASSOCIATION
131 Bush St, Vacaville, 95688, 707-455-8930, 80E* Bela Vista Rd L*Davis L*Mason R*Depot L*Bush L

VALLEJO
ISLAMIC CENTER OF VALLEJO
727 Sonoma Blvd, Vallejo, 94590, 707-558-8229, 80E*After Toll Booth-Sonoma Blvd*Follow Rd, www.islamiccenterofvallejo.com

VISALIA MASJID
1317 S Divisidero St, Visalia, 93277, 559-732-9973, 80E*580E*205*5N*120E*99S* 198E Ex* Mooney R*Tulare R*Divisidero R (Near Divisidero School)



الأذكار بعد الصلاة

Súplicas Después De Las Oraciones Obligatorias

أَسْتَغْفِرُ اللَّهَ أَسْتَغْفِرُ اللَّهَ أَسْتَغْفِرُ اللَّهَ
Astaghfirul-lah Astaghfirul-lah Astaghfirul-lah.
(Perdóname Oh Alah) (Perdóname Oh Alah) (Perdóname Oh Alah)

اللَّهُمَّ أَنْتَ السَّلَامُ، وَمِنْكَ السَّلَامُ، تَبَارَكْتَ يَا ذَا الْجَلَالِ وَالْإِكْرَامِ.

Al-lajumma anta assalam ua minka assalam
tabarakta ia dhal yalali ual ikram.

(¡Oh Alah! Tú eres la paz y de Ti proviene la paz. Bendito seas ¡Oh, Dueño de la magnificencia y la generosidad!).

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ.

La ilaja il-la Al-lah uajdaju la sharika laju , laju al mulku
ua laju al jamdu ua juwa 'ala kul-li shai'in qadir.

(No hay más dios que Alah, Único y sin coparticipes. Suyas es la soberanía y Suyas es la alabanza, y Él tiene poder sobre todas las cosas).

لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ، لَا إِلَهَ إِلَّا اللَّهُ، وَلَا تَعْبُدُ إِلَّا إِيَّاهُ، لَهُ النُّعْمَةُ وَلَهُ الْفَضْلُ وَلَهُ الثَّنَاءُ الْحَسَنُ.

La jaula ua la quwata il-la bil-lah. La ilaja il-la Al-lah, wala na'budu
il-la iiaju, lajun ni'matu ua laju al fadlu ua laju zana'u al hasan.

(No hay fuerza ni poder alguno que no provenga de Alah. No hay más dios que Alah, y no adoramos sino a Él. Suyas es la gracia y la merced, y suyo es el buen elogio.)

لَا إِلَهَ إِلَّا اللَّهُ مُخْلِصِينَ لَهُ الدِّينَ وَلَوْ كَرِهَ الْكَافِرُونَ.

La ilaja il-la Al-lah mukhlisina lajuddin ua lau karija al kafirun.

(No hay más dios que Allah, y por cierto que somos sinceros en Su adoración, aunque esto disguste a los incrédulos).

اللَّهُمَّ لَا مَانِعَ لِمَا أَعْطَيْتَ وَلَا مُعْطِيَ لِمَا مَنَعْتَ وَلَا يَنْفَعُ ذَا الْجَدِّ مِنْكَ الْجَدُّ.

Al-lajumma la mani'a lima a'taita ua la mu'tiia lima mana'ta,
ua la ianfa'u dhal yaddi minkal al yadd

(¡Oh Alah! Nadie puede evitar lo que Tú das ni dar lo que Tú niegas, y el poder no salva a quien lo posee de Tu castigo).

اللَّهُمَّ أَعِنِّي عَلَى ذِكْرِكَ وَشُكْرِكَ وَحُسْنِ عِبَادَتِكَ.

Al-lajumma a'inni 'ala dhikrika ua shukrika ua jusni 'ibadatik.

(¡Oh, Alah! Ayúdame a recordarte, agradecerte y adorarte de la mejor manera)

Repíte cada uno treinta y tres veces:

(3) اللَّهُ أَكْبَرُ
Al-laju 'Akbar.
(Alah es el más Grande)

Y luego di una vez:

(2) الْحَمْدُ لِلَّهِ
Al jamduli-lah
(Alabado sea Alah)

كرر لكل واحد 33 مره:
(1) سُبْحَانَ اللَّهِ
Subjanal-ah
(Glorificado sea Alah)

ويقال تمام المائة:

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ.

La ilaja il-la Al-lah uajdaju la sharika laju, laju al mulku
ua laju al jamdu ua juwa 'ala kul-li shai'in qadir.

(No hay más dios que Alah, Único y sin coparticipes. Suyas es la soberanía y Suyas es la alabanza, y Él tiene poder sobre todas las cosas).

Recita (una vez) ayatul Kursi (Sura Al Baqara 2:255)

قِرَاءَةُ آيَةِ الْكُرْسِيِّ (سورة البقرة آية رقم 255)

📖 Sura Al-Ikhlās (una vez)
📖 Sura Al-Falaq (una vez)
📖 Sura An-Nas (una vez)

📖 سُورَةُ الْإِخْلَاصِ (مَرَّةً وَاحِدَةً)
📖 سُورَةُ الْفَلَقِ (مَرَّةً وَاحِدَةً)
📖 سُورَةُ النَّاسِ (مَرَّةً وَاحِدَةً)

تَقْرَأُ سُورَةَ الْإِخْلَاصِ وَالْمُعَوِّذَتَيْنِ بَعْدَ صَلَاةِ الْفَجْرِ وَالْمَغْرِبِ (3 مَرَّاتٍ)

Recita las anteriores suras tres veces después de la oración de Fayr y Magrib.

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ، يُحْيِي وَيُمِيتُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ.

La ilaja il-la Al-lah uajdaju la sharika laju, laju al mulku ua
laju al jamdu iuji ua iumitu ua juwa 'ala kul-li shai'in qadir.

(No hay más dios que Alah, Único y sin coparticipes. Suyas es la soberanía y Suyas es la alabanza, Él da la vida y Él da la muerte, Él tiene poder sobre todas las cosas).

Repíte diez veces después de la oración de Fayr y Magrib.

يقال بعد صلاة الفجر وصلاة المغرب (10 مرات)



Para escuchar la pronunciación correcta ir a:

www.islamicbulletin.org

(Current Issue > Everyday Dua'a)

Para más información: info@islamicbulletin.org

لإستماع النطق الصحيح إذهب إلى الموقع

لمزيد من المعلومات





الأذكار بعد الصلاة Supplications After Obligatory Prayers

أَسْتَغْفِرُ اللَّهَ
Astaghfirullah
I ask Allah for forgiveness

أَسْتَغْفِرُ اللَّهَ
Astaghfirullah
I ask Allah for forgiveness

أَسْتَغْفِرُ اللَّهَ
Astaghfirullah
I ask Allah for forgiveness

اللَّهُمَّ أَنْتَ السَّلَامُ، وَمِنْكَ السَّلَامُ، تَبَارَكْتَ يَا ذَا الْجَلَالِ وَالْإِكْرَامِ.

Allahumma AntasSalam, Wa MinkasSalam, Tabarakta Yaa Dhal Jalali Wal ikraam.
(O Allah! You are Peace, and peace comes from You. Blessed You are, O possessor of Glory and Honor)

اللَّهُمَّ أَعِنِّي عَلَى ذِكْرِكَ وَشُكْرِكَ وَحُسْنِ عِبَادَتِكَ.

Alahumma a'innee ala thikrika wa shukrika Wa Husni E'baadatik.
(O Allah, assist me in remembering You, and in being grateful to You, and performing Your worship in an excellent manner.)

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ.
اللَّهُمَّ لَا مَانِعَ لِمَا أَعْطَيْتَ وَلَا مُعْطِي لِمَا مَنَعْتَ وَلَا يَنْفَعُ ذَا الْجَدِّ مِنْكَ الْجَدُّ

La ilaha illallahu Wahdahu La Sharika Lahu, Lahul Mulku, Wa Lahul Hamdu
Wa Huwa 'Ala Kulli Shay'in Qadir. Allahumma laa mani'a lima a'tayta wa laa
mu'tiya limaa mana'ta wa laa yanfa'u dhal jaddi minkal al-jadd.

(None has the right to be worshipped except Allah, alone, without any partner, to Him belongs all sovereignty and praise and He is over all things omnipotent).
(O Allah, none can prevent what You have willed to bestow and none can bestow what You have willed to prevent, and no wealth or majesty can benefit anyone, as from You is all wealth and majesty.)

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ.
لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ، لَا إِلَهَ إِلَّا اللَّهُ، وَلَا تَعْبُدُ إِلَّا إِيَّاهُ، لَهُ النِّعْمَةُ وَلَهُ الْفَضْلُ وَلَهُ الثَّنَاءُ الْحَسَنُ.
لَا إِلَهَ إِلَّا اللَّهُ مُخْلِصِينَ لَهُ الدِّينَ وَلَوْ كَرِهَ الْكَافِرُونَ.

La ilaha illallahu Wahdahu La Sharika Lahu, Lahul Mulku, Wa Lahul Hamdu
Wa Huwa 'Ala Kulli Shay'in Qadir. La hawwla wala quwwata illa billah,
wala na'budu illa 'iyahu LahunNi'matu WaLahulFadhlu WaLahuthThanaa'ul
Hasan. La ilaha illallah Mukhlisina LahudDin Walaw Kariha Alkafirun.

(None has the right to be worshipped except Allah, alone, without any partner, to Him belongs all sovereignty and praise and He is over all things omnipotent).
(no might nor power except with Allah, none has the right to be worshipped except Allah and we worship none except Him. For Him is all favour, grace, and glorious praise
(None has the right to be worshipped except Allah and we are sincere in faith and devotion to Him although the disbelievers detest it)

Repeat Each 33 Times:

اللَّهُ أَكْبَرُ
Allahu Akbar.
(Allah is the Greatest)

الْحَمْدُ لِلَّهِ
Alhamdullilah
(Praise is to Allah)

كُرِّرْ لِكُلِّ وَاحِدَةٍ 33 مَرَّةً
سُبْحَانَ اللَّهِ
SubhanAllah
(Glory be to Allah)

And Then Say Once:

ويقال تمام المائة:

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ.

La ilaha illallahu Wahdahu La Sharika Lahu, Lahul Mulku, Wa Lahul Hamdu
Wa Huwa 'Ala Kulli Shay'in Qadir.

(None has the right to be worshipped except Allah, alone, without any partner, to Him belongs all sovereignty and praise and He is over all things omnipotent).

قِرَاءَةُ آيَةِ الْكُرْسِيِّ (سورة البقرة آية رقم 255) (Sura Al Baqara 2:255)

سُورَةُ الْإِخْلَاصِ (مَرَّةً وَاحِدَةً)	سُورَةُ الْإِخْلَاصِ (مَرَّةً وَاحِدَةً)
سُورَةُ الْفَلَقِ (مَرَّةً وَاحِدَةً)	سُورَةُ الْفَلَقِ (مَرَّةً وَاحِدَةً)
سُورَةُ النَّاسِ (مَرَّةً وَاحِدَةً)	سُورَةُ النَّاسِ (مَرَّةً وَاحِدَةً)

تَقْرَأُ سُورَةَ الْإِخْلَاصِ وَالْمُعَوِّذَتَيْنِ بَعْدَ صَلَاةِ الْفَجْرِ وَالْمَغْرِبِ (3 مَرَّاتٍ) Recite the above three Suras 3 times after Fajr & Maghrib

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ، يُحْيِي وَيُمِيتُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ.

La ilaha illallahu Wahdahu La Sharika Lahu, Lahul Mulku, Wa Lahul Hamdu
yuhyee wa yumeetu Wa Huwa 'Ala Kulli Shay'in Qadir.

(None has the right to be worshipped except Allah, alone, without any partner, to Him belongs all sovereignty and praise
He gives life and He brings about death and He is over all things omnipotent).

يقال بعد صلاة الفجر وصلاة المغرب (10 مرات) Repeat 10 times after Fajr & Maghrib



إِصْطِمَاعِ النُّطْقِ الصَّحِيحِ إِذْهَبْ إِلَى الْمَوْقِعِ
To listen to the correct pronunciation go to:

www.islamicbulletin.org (Enter Here > Prayers)

لمزيد من المعلومات: info@islamicbulletin.org





THE FAREWELL SERMON OF THE PROPHET MUHAMMAD ﷺ

The Farewell Sermon (Arabic: Khutbatul Wida), also known as the Prophet's ﷺ Final Sermon, was delivered on the Ninth Day of Dhul Hijjah 10 A.H. (632 CE), in the 'Uranah valley of Mount Arafat' (in Makkah). This was at the end of His ﷺ first and only Hajj pilgrimage to Makkah. After praising and thanking Allah (God), the Final Prophet Muhammad ﷺ said:

"O People, just as you regard this month, this day, this city as sacred, so regard the life and property of every Muslim as a sacred trust. Return the goods entrusted to you to their rightful owners. Hurt no one so that no one may hurt you. Remember that you will indeed meet your Lord, and that He will indeed reckon your deeds. Allah ﷻ has forbidden you to take usury (interest, Arabic: Riba); therefore all interest obligation shall henceforth be waived. Your capital, however, is yours to keep. You will neither inflict nor suffer any inequity. Allah ﷻ has judged that there shall be no usury (interest) and that all interest due to Abbas Ibn Abd al Muttalib (the Prophet's uncle) shall henceforth be waived.

Beware of Satan for the safety of your religion. He has lost all hope that he will ever be able to lead you astray in big things, so beware of following him in small things.

O People, it is true that you have certain rights in regard to your women, but they also have rights over you. Remember that you have taken them as your wives, only under Allah's ﷻ trust and with His permission. If they abide by your right then to them belongs the right to be fed and clothed in kindness. Do treat your women well and be kind to them, for they are your partners and committed helpers. And it is your right that they do not make friends with anyone of whom you do not approve, as well as never to be unchaste.

O People, listen to me in earnest, worship Allah ﷻ, say your five daily prayers (Salaah), fast during the month of Ramadhaan, and give from your wealth in Zakaat. Perform Hajj if you have the means.

All mankind is from Adam and Hawwa (Eve), an Arab has no superiority over a non-Arab, nor does a non-Arab has any superiority over an Arab; also a white has no superiority over a black, nor a black has any superiority over a white - except by piety and good action. Know that every Muslim is a brother to every Muslim and that the Muslims constitute one brotherhood. Nothing shall be legitimate to a Muslim, which belongs to a fellow Muslim unless it was given freely and willingly.

Do not therefore, do injustice to yourselves. Remember one day you will appear before Allah ﷻ and answer for your deeds. So beware, do not stray from the path of righteousness after I am gone.

O People, no Prophet or Apostle will come after me and no new faith will be born. Reason well therefore, O people, and understand the words which I convey to you. I leave behind me two things, the Qur'aan and the Sunnah, and if you follow these you will never go astray. All those who listen to me shall pass on my words to others and those to others again; perhaps some of those who receive my words would understand them better than those who listened to me directly."

As part of this sermon, the Prophet ﷺ recited to them a Revelation from God which he ﷺ had just received:

"This day the disbelievers despair of prevailing against your religion, so fear them not, but fear Me (God)! This day have I perfected for you your religion and fulfilled My favour unto you, and it hath been My good pleasure to choose Islam for you as your religion" (Al-Qur'aan 5:3)."

Towards the end of his sermon, Muhammad ﷺ asked:

"O people, have I faithfully delivered unto you my message?"

A powerful murmur of assent "O God, yes!", arose from thousands of pilgrims and the vibrant words "Allahumma na'm" rolled like thunder throughout the valley.

Muhammad ﷺ raised His forefinger towards the Heavens and said:
"Be my witness O God, Be my witness O God, Be my witness O God"



- How many of the Prophets can you name without looking? Play this with Mom or Dad to see how many they can name! Make extra copies to answer them in Arabic, English and Spanish. See answers in 25 Prophets mentioned in the Quran.*

Monthly Prayer Calendar

MONTH OF

Monday الاثنين	Tuesday الاثنين	Wednesday الأربعاء	Thursday الخميس	Friday الجمعة	Saturday السبت	Sunday الأحد
☐ FAJR ☐ DHUHR ☐ ASR ☐ MAGHRIB ☐ ISHA	☐ FAJR ☐ DHUHR ☐ ASR ☐ MAGHRIB ☐ ISHA	☐ FAJR ☐ DHUHR ☐ ASR ☐ MAGHRIB ☐ ISHA	☐ FAJR ☐ DHUHR ☐ ASR ☐ MAGHRIB ☐ ISHA	☐ FAJR ☐ DHUHR ☐ ASR ☐ MAGHRIB ☐ ISHA	☐ FAJR ☐ DHUHR ☐ ASR ☐ MAGHRIB ☐ ISHA	☐ FAJR ☐ DHUHR ☐ ASR ☐ MAGHRIB ☐ ISHA
☐ FAJR ☐ DHUHR ☐ ASR ☐ MAGHRIB ☐ ISHA	☐ FAJR ☐ DHUHR ☐ ASR ☐ MAGHRIB ☐ ISHA	☐ FAJR ☐ DHUHR ☐ ASR ☐ MAGHRIB ☐ ISHA	☐ FAJR ☐ DHUHR ☐ ASR ☐ MAGHRIB ☐ ISHA	☐ FAJR ☐ DHUHR ☐ ASR ☐ MAGHRIB ☐ ISHA	☐ FAJR ☐ DHUHR ☐ ASR ☐ MAGHRIB ☐ ISHA	☐ FAJR ☐ DHUHR ☐ ASR ☐ MAGHRIB ☐ ISHA
☐ FAJR ☐ DHUHR ☐ ASR ☐ MAGHRIB ☐ ISHA	☐ FAJR ☐ DHUHR ☐ ASR ☐ MAGHRIB ☐ ISHA	☐ FAJR ☐ DHUHR ☐ ASR ☐ MAGHRIB ☐ ISHA	☐ FAJR ☐ DHUHR ☐ ASR ☐ MAGHRIB ☐ ISHA	☐ FAJR ☐ DHUHR ☐ ASR ☐ MAGHRIB ☐ ISHA	☐ FAJR ☐ DHUHR ☐ ASR ☐ MAGHRIB ☐ ISHA	☐ FAJR ☐ DHUHR ☐ ASR ☐ MAGHRIB ☐ ISHA
☐ FAJR ☐ DHUHR ☐ ASR ☐ MAGHRIB ☐ ISHA	☐ FAJR ☐ DHUHR ☐ ASR ☐ MAGHRIB ☐ ISHA	☐ FAJR ☐ DHUHR ☐ ASR ☐ MAGHRIB ☐ ISHA	☐ FAJR ☐ DHUHR ☐ ASR ☐ MAGHRIB ☐ ISHA	☐ FAJR ☐ DHUHR ☐ ASR ☐ MAGHRIB ☐ ISHA	☐ FAJR ☐ DHUHR ☐ ASR ☐ MAGHRIB ☐ ISHA	☐ FAJR ☐ DHUHR ☐ ASR ☐ MAGHRIB ☐ ISHA
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☐ FAJR ☐ DHUHR ☐ ASR ☐ MAGHRIB ☐ ISHA	☐ FAJR ☐ DHUHR ☐ ASR ☐ MAGHRIB ☐ ISHA	☐ FAJR ☐ DHUHR ☐ ASR ☐ MAGHRIB ☐ ISHA	☐ FAJR ☐ DHUHR ☐ ASR ☐ MAGHRIB ☐ ISHA	☐ FAJR ☐ DHUHR ☐ ASR ☐ MAGHRIB ☐ ISHA	☐ FAJR ☐ DHUHR ☐ ASR ☐ MAGHRIB ☐ ISHA	☐ FAJR ☐ DHUHR ☐ ASR ☐ MAGHRIB ☐ ISHA

Fajr
الفجر

Dhuhr
الظهر

'Asr
العصر

Maghrib
المغرب

'Isha
العشاء

COOK'S CORNER



Khameer! A Hadrami Treat

Khameer is a delicious treat served in Hadrmout, Yemen.

After fasting the whole day, and praying the Taraweeh prayers, these are sure to put a smile on your face.

- 1 ½ teaspoons yeast (Soak in 4 tablespoons of warm water first)
- 3 cups flour
- 1 teaspoon cardamon (crushed)
- 1 teaspoon black seeds (nigella seeds)
- ¼ cup corn oil
- 2 eggs
- 1 teaspoon vanilla
- ¾ cup sugar
- ¼ cup warm milk
- Oil for frying.

Directions

1. Beat eggs with sugar and vanilla until well blended.
2. Add oil, cardamon, and black seeds to egg mixture.
3. Add pre-soaked yeast and flour to egg mixture.
4. Slowly pour milk until constancy becomes slightly sticky. Add more flour if necessary.
5. Leave for 1 ½ hours.
6. Roll into desired shape.
7. Fry until golden brown. **Bil-Hana Wal-Shifa! Enjoy!!**

BEAUTIFUL DU'AA!!

Rasulullah (SAW) - once passed by a Bedouin who was making the following beautiful du'aa in his Salah (prayer):
"O The One Whom eyes cannot see, Who cannot be imagined, Who is beyond description, Who is unaffected by happenings, Who cannot be overwhelmed by the vicissitudes of time, Who knows the weight of the mountains, the volume of the oceans, the number of falling raindrops, the number of leaves on the trees and everything upon which the night darkens and upon which the day brightens. No sky can hide another from Him, no surface of the earth can hide another from Him, no ocean can hide anything within its depths from Him and no mountain can conceal from Him anything within its rocks. Make the last part of my life the best, make the best of my deeds the last and make my best day be the one in which I meet You."

BEAUTIFUL ONE-LINERS

- ◆ Give Allah what's right, not what's left.
- ◆ A lot of kneeling, will keep you in good standing.
- ◆ He who kneels before Allah, can stand before anyone.
- ◆ Don't put a question mark where, Allah puts a full stop.
- ◆ Give Satan an inch and he will be a ruler.
- ◆ When praying, don't give Allah instructions, just report for duty.
- ◆ We don't change Allah's message, His message changes us.
- ◆ Warning: Exposure to Allah may prevent burning.
- ◆ Most people want to serve Allah, but only in an advisory position.
- ◆ Never give the devil a ride He will always want to drive.
- ◆ Nothing else ruins the truth like stretching it.
- ◆ Compassion is difficult to give away because it keeps coming back.
- ◆ Allah doesn't call the qualified He qualifies the called.

25 Prophets mentioned in the Quran 25 Profetas mencionados en El Corán

الأنبياء والرسل في القرآن

Spanish	English		Arabic
Adán	ADAM	1	[Adam] آدم
Enoch	ENOCH	2	[Idris] إدريس
Noe	NOAH	3	[Nuh] نوح
Hud	HEBER	4	[Hud] هود
Salih	METHUSALEH	5	[Saleh] صالح
Abraham	ABRAHAM	6	[Ibraheem] إبراهيم
Lut	LOT	7	[Lut] لوط
Ismael	ISHMAEL	8	[Ismaeel] إسماعيل
Isac	ISAAC	9	[Ishaq] إسحاق
Jacobo	JACOB	10	[Yaquub] يعقوب
José	JOSEPH	11	[Yusuf] يوسف
Ayyub	JOB	12	[Ayub] أيوب
Shuayb	JETHRO	13	[Shoaib] شعيب
Moises	MOSES	14	[Musa] موسى
Aron	AARON	15	[Harun] هارون
Esequiel	EZEKIEL	16	[Dhul-Kifl] ذو الكفل
David	DAVID	17	[Dawood] داود
Salomón	SOLOMON	18	[Sulaiman] سليمان
Elias	ELIAS	19	[Ilyas] إلياس
Al-Yasa	ELISHA	20	[Al-Yasa] اليسع
Yunus	JONAH	21	[Yunus] يونس
Zacaria	ZACHARIAH	22	[Zakariya] زكريا
Juan Bautista	JOHN THE BAPTIST	23	[Yahya] يحيى
Jesús	JESUS	24	[Isa] عيسى
Muhammad		25	محمد

BE GRATEFUL FOR WHAT YOU HAVE

"So hold that which I have given you and be of the grateful."
(Qur'an 7:144)

Should you find something on your plate that doesn't appeal to you, don't complain. There are people who don't have anything on their plate.

Should you find yourself stuck in traffic, don't despair. There are people in this world for whom driving is an unheard of privilege.

Should you have a bad day at work, think of the man who has been out of work for years.

Should you despair over a relationship gone bad, think of the person who has never known what it's like to love and be loved in return.

Should you grieve the passing of another weekend, think of the woman in dire straits, working twelve hours a day, seven days a week to feed her children.

Should your car break down, leaving you miles away from assistance, think of the paraplegic who would love the opportunity to take that walk.

Should you notice a new gray hair in the mirror, think of the cancer patient in chemo who wishes he/she had hair to examine.

Should you find yourself at a loss and pondering what is life all about, asking what is my purpose? Be thankful. There are those who didn't live long enough to get the opportunity.

Should you find yourself the victim of other people's bitterness, ignorance, smallness or insecurities, remember, things could be worse. *You could be them!*

Secrets of Surat Al-Kahf

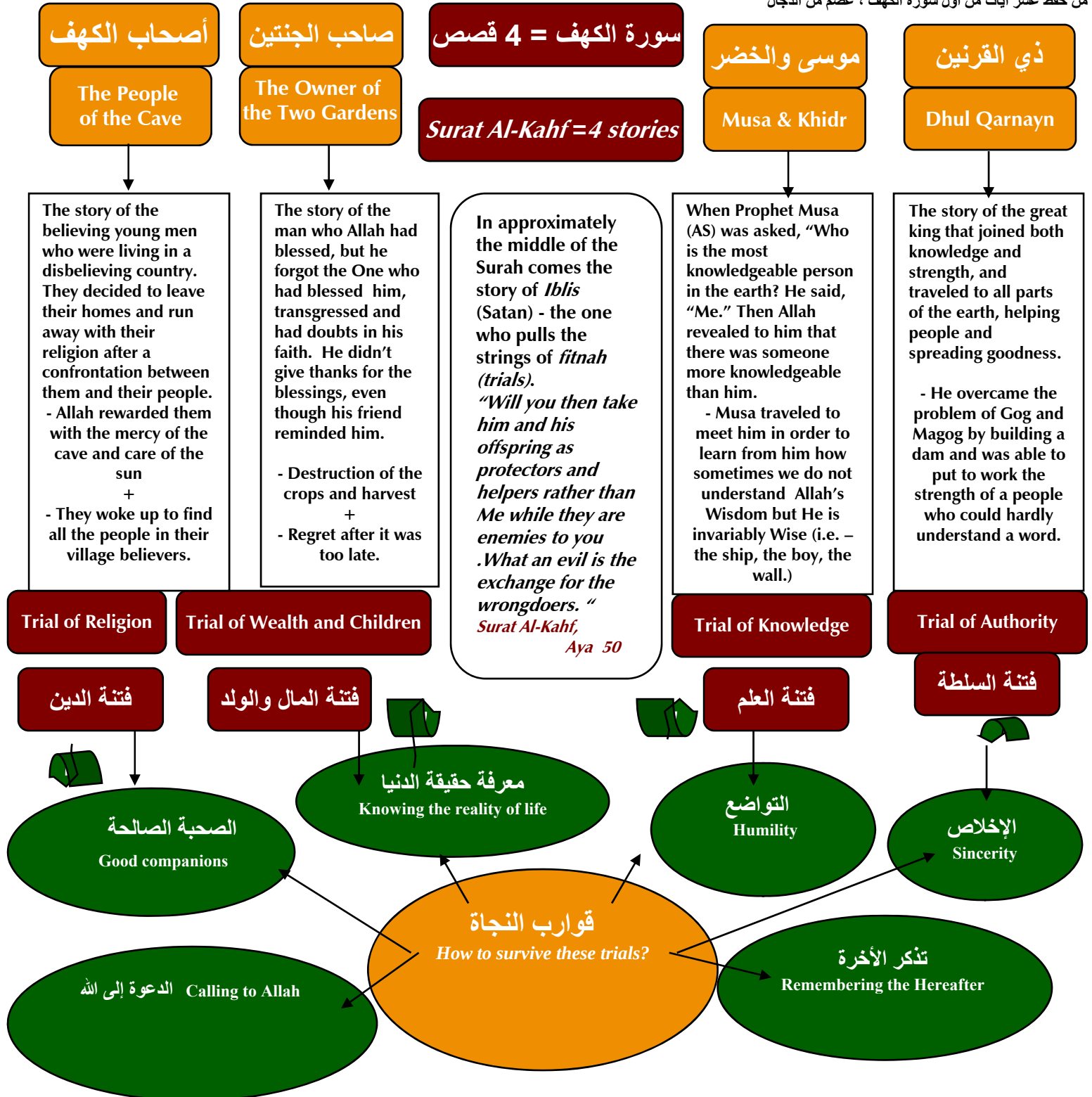
Virtues of Surat Al-Kahf

The Prophet (SAW) said: "If anyone learns by heart the first 10 verses of Surah al-Kahf, he will be protected from the Dajjal (Anti-Christ) " (Muslim). The Prophet (SAW) said: "Whoever reads Surat al-Kahf on Fridays , a light will shine for him between the 2 Fridays (until the next Friday)" (Bukhari.)

أن النبي صلى الله عليه وسلم قال :

من قرأ سورة الكهف كما نزلت كانت له نورا يوم القيامة من مقامه إلى مكة ومن قرأ عشر آيات من آخرها ثم خرج الدجال لم يسلط عليه ومن توطأ ثم قال سبحانك اللهم وبحمدك بطابع فلم يكسر إلى يوم القيامة لا إله إلا أنت أستغفرك وأتوب إليك كتب في رق ثم طبع

من حفظ عشر آيات من أول سورة الكهف ، عصم من الدجال



ما علاقة سورة الكهف بالدجال؟ What is the relationship of Surat Al-Kahf to the Dajjal?

سيظهر الدجال قبل القيامة بالفتن الأربع : The Dajjal will appear prior to the Day of Judgment with 4 trials:

- يطلب من الناس عبادته من دون الله. He will ask people to worship him instead of Allah.

الصحبة الصالحة

Good companions:



فتنة الدين Trial of Religion

“And keep yourself (O Muhammad) patiently with those who call on their Lord (i.e. your companions who remember their Lord with glorification, praising in prayers, etc., and other righteous deeds, etc.) morning and afternoon, seeking His Face, and let not your eyes overlook them, desiring the pomp and glitter of the life of the world; and obey not him whose heart We have made heedless of Our Remembrance, one who follows his own lusts and whose affair (deeds) has been lost.” *Surat Al-Kahf, Aya 28*

- سيأمر السماء بالمطر ويفتن الناس بما في يده من أموال. He will order the sky to rain, and he will tempt people with his wealth.

معرفة حقيقة الدنيا

Knowing the Realities of Life:



فتنة المال Trial of Wealth

“And put forward to them the example of the life of this world, it is like the water (rain) which We send down from the sky, and the vegetation of the earth mingles with it, and becomes fresh and green. But (later) it becomes dry and broken pieces, which the winds scatter. And Allah is Able to do everything.” *Surat Al-Kahf, Aya 45*

- فتنة العلم بما يخبر به الناس من أخبار. He will try people with knowledge due to what he reveals to people of news.

التواضع

Humility:



العلم فتنة Trial of Knowledge

He (Moses) said: "If Allah will, you will find me patient, and I will not disobey you in aught." *Surat Al-Kahf, Aya 69*

- سيسطر على أجزاء كبيرة من الأرض يسيطر على أجزاء كبيرة من الأرض. He will control major parts of the Earth.

الإخلاص

Sincerity:



فتنة السلطة Trial of Authority

Say (O Muhammad): "I am only a man like you. It has been inspired to me that your *Ilaah* (God) is One *Ilaah*. So whoever hopes for the meeting with his Lord, let him work righteousness and associate none as a partner in the worship of his Lord." *Surat Al-Kahf, Aya 110*

Finally . . .

Let us all read it today with contemplation, understanding and a sincere intention to implement its lessons to protect ourselves from the Fitnah of Dajjal and all other trials of Dunya & Akhirah. Ameen

Oh Allah! Save us from the trials, that which are obvious and those that are hidden.

اللهم نجنا من الفتن ما ظهر منها وما بطن

CONTEMPLATIONS ON SURAT AL -ASR (TIME)

In the Holy Quran is a short Surah that was always recited by the Prophet's venerable Companions to one another whenever



they had to part or end a meeting, and about which Imam Ash-Shafi'i, may Allah have mercy on him, said: **"If people deliberate this Surah, it suffices them."**

The importance of such holy Surah lies in the fact that it delineates the perfect all-embracing system of human life just as the Creator of mankind desires. Throughout all human history, everywhere and at all times, there has been only one system and way that guarantee happiness and prosperity to all mankind in this present world and the world to come. All other

systems and ways have all been conducive to loss, wretchedness and perdition.

Allah, All-Mighty, says: **"By Al-'Asr (Time)! Verily Man is in loss."** [Quran 103 ; 1-2]

By virtue of the above Verse, Allah puts forward a Divine Oath by "Time", in the general sense of the word, to man, whose real existence is based on "Time" as substantiated by a number of days: whenever a day elapses, one part of man's life and existence does pass away. Whenever a newly-born day dawns, it calls out: **"O son of Adam! I am a new creature and a witness upon your deeds. So make the best of me, for I shall never come back until the Day of Judgment."**

Allah, Most Gracious, swears by time to man that he is in inevitable loss in the sense that the elapse of time consumes man's lifetime, i.e. his capital and the vessel that contains his righteous work, which is, in turn, the price of the Paradise he has been promised.

From the commercial point of view loss is to waste one's capital without gaining a profit in return. But man is able to avoid such loss if he spends his lifetime on the things for which he has been created, namely belief in Allah and His Religion, performing deeds of righteousness, recommending one another to the Truth and recommending one another to Patience. To this effect, Allah, Most Merciful, says: **"By Al -'Asr (Time)! Verily, Man is in loss, except such as have Faith, do righteous deeds, recommend one another to the Truth and recommend one another to patience."** [Quran 103 ; 1-3]

Firstly: "except such as have Faith"

In fact, Faith is a kind of link between man – the weak, tiny, petty, perishable, limited creature – with his Creator – the Eternal, Absolute, Perfect One – from Whom all things, including man, derive their existence and survival. By such link with the Upper Infinite World man is liberated from the limits of his petty entity to the vastness of the enormous universe, from the limits of his tiny force to the marvelous gigantic forces of the universe, and from the limits of his short life to endless eternities that Allah, Alone, knows. In addition to providing man with magnificent power and ability, such link with his Lord, the Almighty Allah, enables man to attain real happiness to which he aspires, which is a sublime kind of happiness, a great unmatched joy, and a unique intimacy and friendship with life and existence, which is, in turn, an utmost win.

In fact, Monotheism safeguards man from worshipping none but Allah, the Almighty, humbling himself to none but Him, or submitting himself to none but Him. With Monotheism there is only One Power and Only One God (Allah). Monotheism

eliminates from human life vain desires and caprices and replaces them with Allah's Divine Laws and Justice as well as belief in man's honor and dignity in the sight of his Lord - a prerequisite of Faith which provides man with self-respect, self-exaltation and nobility of character.

Secondly: "and do righteous deeds"

True Faith is a positive dynamic reality; and, therefore, righteous deeds are the natural fruits thereof. No sooner is true Faith firmly established in man's heart than it seeks to manifest itself through performance of righteous deeds. This is because true Faith is by no means a static inactive thing; otherwise it would be either dead or untrue, just like a natural flower that sends forth its fragrance. If there is no fragrance, the flower is artificial or dead. Similarly, righteous work is not a mere accidental act on the part of man, but rather faith-motivated and purposeful work for which all true believers help and counsel one another. Moreover, true Faith is by no means an inactive or passive attitude towards life. It is not mere devotional seclusion or solitude, but, rather, a righteous purposeful movement, a positive rightly guided action and a balanced establishment of the ideal human civilization on earth in accordance with Allah's Divine System and Guidance.

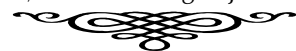
Thirdly: "and recommend one another to the Truth"

Establishment of the Truth is something difficult; the obstacles are so many, and so are distractors: desires and caprices, interests, circumstances of environment, pressure of work, traditions, customs, covetousness and greed. That is why "recommending one another to the Truth" becomes necessary to remind, encourage, and immunize a believer, and never letting him/her down or extorting any of his/her rights. Moreover, "recommending one another to the Truth" purifies and safeguards man's individual tendencies and attitudes, because the Truth can not be established and maintained except in a community of true believers where mutual counselling, cooperation, collaboration, solidarity, help and assistance prevail among its members.

By Faith and righteous deeds man attains self-perfection; and by "recommending others to the Truth" he attains perfection to his community. And since existence of this Muslim nation is based on Allah's True Religion, which has come to us through authentically communicated revealed Divine Scripture, which is confirmed by the mind, proved by reality, and conformed to by man's pure original nature. Such Truth has to be firmly established and deeply rooted if the Muslim nation is to maintain its entity, unity and mission. In other words, "recommending one another to the Truth" is a decisive critical issue, because if the Truth does not prevail on earth, Falsehood certainly will. Hence, "recommending one another to the Truth" guarantees preservation of man's existence and fulfillment of his mission.

Fourthly: "and recommend one another to patience"

It is out of Allah's Wisdom that He, Most Gracious, made this present world an abode of trial with evil and good, and an abode of conflict between Truth and Falsehood. Therefore, "recommending one another to patience" is necessary for being successful in such trial and victorious in such conflict. Hence, it is necessary to recommend one another to patience and perseverance against one's lusty desires and caprices, Falsehood, hardships and grievances. That is why patience is an effective means for overcoming obstacles, multiplying abilities, and achieving objectives.



"Watch your Thoughts, they become Words!"

"Watch your Words, they become Actions!"

"Watch your Actions, they become Habits!"

"Watch your Habits, they become Character!"

"Watch your CHARACTER!, It becomes your DESTINY!!!"

THE PAST IS GONE FOREVER

By brooding over the past and its tragedies, one evinces a sickness that destroys ones resolve to live for the present moment. Episodes of the past are finished; sadness cannot retrieve them, melancholy cannot make things right, and depression will never bring the past back to life. This is because the past is non-existent.



Do not live in the nightmares of former times or under the shade of what you have missed. Save yourself from the ghostly apparition of the past. Do you think that you can return the sun to its place of rising, the baby to its mother's womb, milk to the udder, or tears to the eye? By constantly dwelling on the past and its happenings, you place yourself in a very frightful and tragic state of mind. Reading too much into the past is a waste of the present. When Allah mentioned the affairs of the previous nations, He said:

"That was a nation who has passed away." (Qur'an 2:134)

Former days are gone and done with, and you benefit nothing by carrying out an autopsy over them, by turning back the wheels of history. Everything on earth marches forward, preparing for a new season, and so should you.

TODAY IS ALL THAT YOU HAVE

When you wake up in the morning, do not expect to see the evening. Live as though today is all that you have. Yesterday has passed— with its good and evil, while tomorrow has not yet arrived. Your life's span is but one day, as if you were born in it and will die at the end of it. With this attitude, you will not be caught between an obsession over the past, with all its anxieties, and the hopes of the future, with all its uncertainty.

Organize the hours of this day so that you make years out of minutes and months out of seconds. Seek forgiveness from your Lord, remember Him, prepare for the final parting from this world, and live today happily and at peace. Be content with your sustenance, your spouse, your children, your work, your house and your station in life.

"So hold that which I have given you and be of the grateful." (Qur'an 7:144)

LEAVE THE FUTURE ALONE UNTIL IT COMES

Do you think it wise to pick fruits before they become ripe? Tomorrow is non-existent, having no reality today. So, why should you busy yourself with it? Why should you have apprehensions about future disasters? We do not even know whether we will even see tomorrow.

Many people are fearful of future poverty, hunger, disease, and disaster. A true Muslim should have firm faith in Allah (SWT). One should trust in Allah, and always ask Allah for guidance. In addition, one should ask Allah for forgiveness for any sins that may have been committed and ask Allah for righteous guidance that leaves one on the path to Sirat-ul-Mustaqueem. Ameen

Speaking Of Time

Makkah – Saudi Arabia. Muslims around the world could be setting their watches to a new time soon when the world's largest clock begins ticking atop a soaring skyscraper in Makkah.



The four faces of the new clock perched atop a tower, whose height will reach 601 meters (1,983 feet), which is expected to be the world's second tallest building, will establish Makkah as an alternate time standard to the Greenwich median.

The clock reflects a goal by some Muslims to replace the 126-year-old Universal Time standard – originally called Greenwich Mean Time (GMT) – with Makkah Mean Time.

At a conference in Doha, Qatar in 2008, Muslim clerics and scholars presented "scientific" arguments that Makkah time is the true global meridian. They said that Makkah is the center of the world and that the Greenwich standard was imposed by the West in 1884.

The clock will be visible from 17 km away at night and 11 to 12 km away during the day. More than six times larger in diameter than London's famed Big Ben, the clock faces, with the Arabic words "In the Name of Allah" in huge lettering underneath and will be lit with two million LED lights. Some 21,000 white and



green colored lights, fitted at the top of the clock, will flash as far as 30 km to signal five-times daily prayers. The tower featuring the world's largest clock also includes a Lunar Observation Center and an Islamic Museum. While the Royal Clock will announce daily prayers, the Lunar Observation Center and Islamic Museum will serve to protect the heritage for future generations. The observatory will also be used to sight the moon during the holy months. On special occasions, 16 bands of vertical lights will shoot some 10 km up into the sky.

IMPORTANT REMINDER

The verses of the Holy Qur'an and the traditions of the Prophet have been printed for the benefit of our readers. You are asked to ensure their sanctity. Therefore, they should be disposed of in the proper Islamic manner.

ABBREVIATIONS USED

SWT = "Subhanu Wa Ta'ala" "Glorified and Exalted
Allah Azza wa Jal = Glorified and Sublime be He

PBUH; SAW; AS - Peace Be Upon Him,

R.A.; R.A.A. - Allah was pleased with him/her

Bukhari, Muslim, Sahih, Abu Dawoud, Tirmidhi, Nasa'i, Ibn Majah are the names of the transmitters of the Prophet's (pbuh) Hadith and Sunnah (words and lifestyle.)

40 YEARS!

It was narrated that in the days of the Prophet Musa (Moses) (alayhis salam)- wandered with Bani Israil (Children Of Israel) in the desert where a grizzly drought befell them. Together, they all raised their hands towards the heavens praying for the blessed rain. Then, to the astonishment of all those watching, the heat scorched down, and the drought intensified.

It was revealed to Musa (AS) - that there was a sinner amongst Bani Israel that had disobeyed Allah for more than 40 years of his life. "Let him separate himself from the congregation," Allah told Musa (AS) -. "Only then shall I shower you all with rain."

Musa - (AS) - called out, "There is a person amongst us who has disobeyed Allah for 40 years. Let him separate himself from the congregation and only then shall we be rescued from the drought." That man, waited, looking left and right, hoping that someone else would step forward...but no one did. Sweat poured from his brow and he knew he was the one.

If he stayed amongst the congregation all would die of thirst; yet, if he stepped forward he would be humiliated for all eternity.

He raised his hands with sincerity he had never known before, with humility he had never tasted, tears poured on both cheeks, "O Allah, have mercy on me! O Allah, hide my sins! O Allah, forgive me!"

As Musa - (AS) - and Bani Israaeel awaited for the sinner to step forward, the clouds hugged the sky and the rain poured. Musa - (AS) - asked Allah Ta'ala, "O Allah, you blessed us with rain even though that sinner did not come forward." And Allah Ta'ala replied, "O Musa, it is for the repentance of that very person that I blessed all of Bani Israaeel with water."

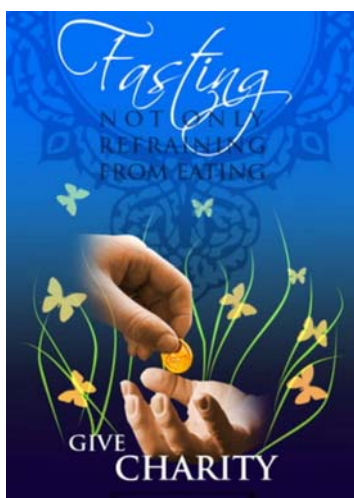
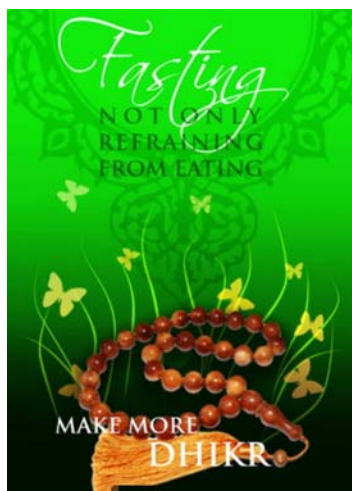
Musa- (AS) - wanting to know who was this blessed man, asked, "Show him to me O Allah!" "I want to know who is he." Allah Ta'ala replied, "O Musa, I hid his sins for 40 years. Do you think that after his repentance I shall expose him? "

"I AM AS MY SERVANT THINKS I AM..."

"ASSUMING THE BEST ABOUT ALLAH"

"Allah, the Exalted and Glorious, stated:

I LIVE IN THE THOUGHT OF MY SERVANT AS HE THINKS OF ME AND WITH HIM AS HE CALLS ME. (SAHIH MUSLIM)



ISLAMIC DIETARY LAWS

The Olive - A Health giving plant

One of the foods to which attention is drawn in the Qur'an is the olive. Research in recent years has revealed that the olive is not just a delicious food but also represents an important source of good health. In addition to the olive itself, olive oil is also an important source of nutrition. Attention is drawn to the oil of the olive tree in these terms in the Qur'an:



Allah is the Light of the heavens and the earth. The metaphor of His Light is that of a niche in which is a lamp, the lamp inside a glass, the glass like a brilliant star, lit from a blessed tree, an olive, neither of the east nor of the west, its oil all but giving off light even if no fire touches it. Light upon Light. Allah guides to His Light whoever He wills and Allah makes metaphors for mankind and Allah has knowledge of all things. (Quran: An-Nur (Light) 24:35)

The expression "*mubarakatin zaytoonatin*" in the above verse describes the olive as being "plentiful, sacred, auspicious, providing countless blessings." Olive oil, referred to in the term "*zaytuha*," is known as one of the most highly recommended types of oil by all experts, especially for coronary and arterial health. Its health benefits may be summarised as follows:

Benefits for Coronary and Arterial Health:

Most of the fatty acids in olives and olive oil are mono-unsaturated. Mono-unsaturated fatty acids do not contain cholesterol. Therefore, olive oil does not raise cholesterol levels but instead keeps them under control. Olive oil also contains omega-6 linoleic acid (EFA: essential fatty acid), which is essential for the human body. Due to this feature, health-related bodies (such as The World Health Organization) recommend that at least 30% of the fatty acid consumed in societies in which hardened artery and diabetes levels are high should consist of omega-6. This increases the importance of the olive still further. **And by it He makes crops grow for you and olives and dates and grapes and fruit of every kind. There is certainly a Sign in that for people who reflect.** (Quran: An-Nahl The Bee 16:11)

Studies in this area have revealed much lower LDL (bad cholesterol) and higher antioxidant levels in people who consume 25 millilitres (about two dessertspoonfuls) of natural olive oil a day for one week. Antioxidants are important as they neutralise the harmful substances in the body known as free radicals and prevent cell damage. It has also been established in a great many studies that the consumption of olive oil reduces cholesterol levels and prevents heart disease. Olive oil is also recommended for patients with heart and artery disease since it reduces the level of harmful cholesterol (LDL) in the bloodstream and raises that of useful cholesterol (HDL).

Cancer Prevention

One study, published by *The Archives of Internal Medicine*, showed that women who consume high levels of mono-unsaturated fat have a lower risk of developing breast cancer. Another study by scientists at the University at Buffalo, The State University of New York demonstrated that b-sitosterol, a fat found in vegetable oils such as olive oil, helps prevent the formation of prostate cancer cells.

A recent study by doctors at the University of Oxford has shown that olive oil has a protective effect against intestinal cancer. The doctors discovered that olive oil enters into a reaction with stomach acid in order to prevent intestinal cancer from beginning. At the same time, the University of Oxford researchers also established that olive oil reduces the level of bile and raises that of DAO (the enzyme diamine oxidase), thus protecting against abnormal cell growth and cancer.

Prevention of Arthritis

According to researchers' reports, people who consume large quantities of olive oil and cooked vegetables can have a reduced risk of rheumatic arthritis, a chronic inflammatory disease of the joints.

Olive Oil Assists Bone Development

The vitamins E, A, D and K contained in olive oil are particularly important from the point of view of assisting bone development in adults and children, and in strengthening the bones by fixing calcium.

It is also recommended for the elderly as it is easily digested and through its minerals, it assists with the use of vitamins in the body. It also prevents calcium loss by stimulating bone mineralisation. Bones are the organism's mineral structure storehouses and an absence of mineral accumulation in the bones can lead to serious complications such as bone softening. Olive oil has a most beneficial effect on the skeleton in this regard.

Prevention of Aging

Since the vitamins contained in olive oil have a cell renewing effect they are also employed in the treatment of the elderly, as well as nourishing and protecting the skin. As foodstuffs are transformed into energy in our bodies, certain substances known as oxidants are formed. With the high levels of anti-oxidants it contains, olive oil prevents damage by harmful substances, renews our cells and delays aging in the tissues and organs. Olive oil is also rich in vitamin E, which suppresses the free radicals that destroy the cells in our bodies and cause aging.

Contribution to Child Development

Due to the linoleic acid (omega-6 fatty acid) contained in olives and olive oil, these are a most healthy food for newborn babies and growing children. A deficiency in linoleic acid leads to the emergence of a retardation of development in babyhood and various skin disorders.

Olive oil contains anti-oxidant elements that prevent the destructive effects of harmful substances in our bodies, and fatty acids of great importance to human health. These support the hormones and assist in cell membrane formation.

Olive oil possesses a balanced polyunsaturated compound at a similar level to that in human milk. Olive oil is a sufficient source of these fatty acids, which cannot be obtained from the human body but which are of the most essential importance to it. These factors make olive oil very important for new-born babies. Since it contributes to the natural development of the baby's brain and nervous system before and after birth, olive oil is the only oil recommended for mothers by experts. As well as containing similar levels of linoleic acid to those of mother's milk, when olive oil is added to fatless cow's milk, it becomes as natural a food source as mother's milk itself.

Blood Pressure Reduction

One study published in the Archives of Internal Medicine stressed the beneficial effect of olive oil on high blood pressure. Medicines to reduce high blood pressure are also made from olive leaves.

Benefits for the Internal Organs

Whether consumed hot or cold, olive oil protects the stomach against diseases such as gastritis and ulcers by reducing gastric acid levels. In addition to this, by activating the bile, it makes it perfect. It regulates the discharge of the gall bladder and reduces the risk of bile stone formation. Moreover, thanks to the chloride it contains, it also assists the functioning of the liver and thus helps the body eliminate waste products. In addition, it also has a beneficial effect on the brain arteries.



On account of all these properties, olive oil has attracted considerable expert attention in recent years as follows:

Jean Carper, a prominent authority in the field of health and nutrition, the CNN award-winning correspondent, columnist and author of *The Food Pharmacy* and *Food-Your Miracle Medicine*: New Italian research finds olive oil contains antioxidants... that combat disease processes, including LDL cholesterol's ability to clog arteries.

Pat Baird, a dietician and nutrition consultant: I love the whole idea of olive oil's versatility... the more we know about it, the more we learn about its great contribution to good health.

Dr. Dimitrios Trichopoulos, chairman of the Department of Epidemiology, Harvard University : American women might actually experience as much as a fifty percent (50%) reduction in breast cancer risk if they consumed more olive oil in place of saturated fats.

D. Peck of the School of Medicine, University of Miami: Olive oil has been shown to strengthen the immune system in mice...

Bruno Berra of the Institute of General Physiology and Biological Chemistry, University of Milan: The minor polar components of extra virgin olive oil increase significantly the resistance of LDL to oxidation.

A.A. Rivellese, G. Riccardi and M. Mancini of the Institute of Internal Medicine and Metabolic Diseases at Federico II University, Naples: Olive oil prevents insulin resistance and ensures better control of the glucose in the blood.

Patrizia Galletti, University of Naples, Faculty of Medicine and Surgery: Dietary intake of olive oil polyphenols may lower the risk of reactive oxygen metabolite-mediated diseases such as some gastrointestinal diseases and atherosclerosis. Olive oil hydroxytyrosol protects human erythrocytes against oxidative damage.

Frank Sacks of the Harvard School of Public Health: An olive-oil-rich diet is more effective than a low-fat diet in controlling and treating obesity. Moreover, it leads to longer-lasting weight loss and it is easier to keep to...

As we have seen, a great many scientists today think that an olive oil-based diet constitutes the ideal nutritional model. It is stated that on account of these properties, olives and olive oil should be the fundamental constituents of every meal in one's daily nutrition programme. The benefits of the olive plant, emphasised by Allah in many verses of the Qur'an, have been discovered in parallel to the advances made by medical science.

It is He Who sends down water from the sky. From it you drink and from it come the shrubs among which you graze your herds. And by it He makes crops grow for you and olives and dates and grapes and fruit of every kind. There is certainly a Sign in that for people who reflect.

(Quran: An-Nahl The Bee 16:10)



KHADIJA (RA)

Prophet Muhammad (SAW) forever remembered Khadija (RA) with love, affection and gratitude. Khadija al-Kubra was the daughter of Khuwaylid ibn (son of) Asad to the clan of Banu Hashim. Khadija's father, was a merchant and a successful businessman whose vast wealth and business talents were inherited by Khadija.



Although the society in which Khadija was born was a terribly male chauvinistic one, Khadija earned two titles: *Ameerat-Quraysh*, Princess of

Quraysh, and *al-Tahira*, the Pure One, due to her impeccable personality and virtuous character, not to mention her honorable descent. She used to feed and clothe the poor, assist her relatives financially, and even provide for the marriage of those of her kin who could not otherwise have had means to marry.

In the beginning, Prophet Muhammad (SAW) was hired by her to handle all of her business transactions. The Prophet was a young man of 25, and although coming from a noble family, he was an orphan and not a man of many means; making a meager living tending sheep in the hills surrounding the city. Yet, he had an impeccable moral character, and was widely known as the most honest man in Mecca. Khadija was looking for someone honest to handle and conduct her business.

After he came back from his first business trip, Khadija asked her servant, Nufaysa, whom she sent with him, about him and his conduct. Nufaysa amazed her by her report: this young man was the kindest, gentlest man she had ever met. Never did he treat the servants harshly, as many others do. He took his employer's merchandise, sold it, and with the profits bought other merchandise that he sold again, thus profiting twice. Nufaysa also related to her the miraculous happening in the desert in which as she and Mohammed (SAW) were traveling in the heat of the desert, she noticed a cloud had followed them the entire time, shading them from the blazing sun.

Khadija wished to marry this honorable man, known as throughout Mecca as Al-Ameen (The Trustworthy). Khadija then sent her servant to the Prophet. Nufaysa came to Muhammad (SAW) and asked him why he had not married yet.

She asked him, *"Why are you not married, yet?"*

"For lack of means," he (SAW) answered.

"What if I could offer you a wife of nobility, beauty, and wealth? Would you be interested?" she asked him.

He replied in the affirmative, but when Nufaysa mentioned Khadija, the young employee chuckled in amazement.

"How could I marry her? She has turned down the most noble men in the city, much wealthier and prominent than me, a poor shepherd," he (SAW) said.

"Don't you worry," she replied, *"I'll take care of it."*

"For my part," he said, *"I am willing."*

Nufaysa returned with these glad tidings to Khadija. Not long after, the wealthy businesswoman married her young employee in a marriage ceremony conducted by Abu Talib, the uncle of Prophet Muhammad (SAW).

Thus began one of the most loving, happiest, and sacred marriages in all of human history. At the age of 25 Mohammed (SAW) married Khadija, then 40. They were married for 25 years, and she bore him seven children; 3 sons and 4 daughters. All of the sons died in young age. Khadijah (RA) was a source of immense love, strength, and comfort for the Prophet Muhammad, and he leaned heavily on this love and support on the most important night of his life.

The Prophet (SAW) used to go on regular intervals to meditate and ponder over the dealings that took place in Mecca in which he (SAW) was not very happy with. Mohammed (SAW) would seclude himself in the cave of Mount Hira and worship three days and nights. While he was meditating in cave of Hira, the Angel Jibreel (AS) came to the Prophet Muhammad (SAW) and revealed to him the first verses of the Quran and declared to him that he was to be a Prophet.

The experience terrified the Prophet Muhammad (SAW), and he ran home, jumping into Khadijah's (RA) arms asking her to hold him and cover him- and she did. **"Zamilooni! Zamilooni!"** "Cover me! Cover me!" **"Dathirooni! Dathirooni!"** "Embrace me! Embrace me!"

She was startled by his terror, and after soothing and comforting him for a while, the Prophet (SAW) was able to calm down and relate to her his experience. She was the pillar of strength in one of the most defining moments of history. She was there for him, she supported him, she believed in him and encouraged him. The Prophet (SAW) feared he was losing his mind or being possessed. Khadijah (RA) put all his fears to rest:

"Allah forbid! He will surely not let such a thing happen, for you speak the truth, you are faithful in trust, you bear the afflictions of the people, you spend in good works what you gain in trade, you are hospitable and you assist your fellow men."

She then took him to her cousin, Waraqah ibn Nawfal – a scholar well-versed in the Judeo-Christian scripture – and he confirmed to the Prophet (SAW) that his experience was Divine and he was to be the Last Prophet. "I swear by Him in who holds Waraqah's life, Allah has chosen you to be the prophet of this people. They will call you a liar, they will persecute you, they will banish you, and they will fight against you. Oh, that I could live to those days. I would fight for these."

After his ministry began, and the opposition of his people became harsh and brutal, Khadijah (RA) was always there to support the Prophet Muhammad (SAW), sacrificing all of her wealth to support the cause of Islam. When the Prophet Muhammad (SAW) and his family was banished to the hills outside of Makkah, she went there with him, and the three years of hardship and deprivation eventually led to her death.

Thus, the Prophet (pbuh) lost his beloved wife and friend, the first person to accept Islam and support him. She had been a refuge from all his troubles and, through her good-heartedness, the best company in his suffering. He had loved her very much. This happened in 619 A.D., the year which became known as the 'Year of Sorrow'. Soon after this, the Prophet Muhammad's uncle and protector, Abu Talib, also died.

Once, years after Khadijah died, he came across a necklace that she once wore. When he saw it, he remembered her and began to cry and mourn. His love for her never died, so much so, that his later wife A'isha became jealous of her. Once she asked the Prophet if Khadijah had been the only woman worthy of his love. The Prophet (SAW) replied: "Never did Allah (SWT) give me a better wife than Khadijah. She hailed my mission at a time when everybody shouted against it. She lent me the support of her conviction when there was hardly a believer. She enlivened my heart when I felt lonely and deserted. Khadijah's love was given to me by Allah (SWT). How could I forget her?"



SAYINGS OF THE PROPHET (SAW)

THE PROPHET (SAW) SAID:

There are seven whom Allah will shade in His Shade on the Day when there is no shade except His Shade: a just ruler; a youth who grew up in the worship of Allah, the Mighty and Majestic; a man whose heart is attached to the mosques; two men who love each other for Allah's sake, meeting for that and parting upon that; a man who is called by a woman of beauty and position [for illegal intercourse], but he says: 'I fear Allah', a man who gives in charity and hides it, such that his left hand does not know what his right hand gives in charity; and a man who remembered Allaah in private and so his eyes shed tears. (Bukhari, Muslim)



In this beautiful Hadeeth, the Prophet spoke about small acts of worship which result in such a huge reward: shade on the Day when there will be no shade except His Shade. This may not seem like much at first but then reflect upon the following Hadeeth: 'On the Day of Resurrection, the sun would draw so close to the people that there would be left a distance of only one mile. The people will be submerged in perspiration according to their deeds. So who would want more then, on this Day, than to be under the Shade and protection of Allah Azza wa Jal. Let us examine now the characteristics and virtues of these seven categories of people who will be worthy of such an exalted position on the Day of Gathering.

1. 'A Just Ruler...'

The concept of Justice in Islam is very important and it is something which the Muslim - Ruler and the ruled - must apply in all matters without exception. Justice means to give each the right he deserves: Muslim or non-Muslim, relative or stranger, friend or enemy. Allah says: **'...And do not let hatred cause you to act unjustly, that is nearer to piety'** (Quran Surat Al-Maa'idah 5:8). Unfortunately, even if we admit this in theory, we quickly forget it in practice. So we find that when we speak about our friends and loved ones, we praise them beyond reason and when we speak about those whom we hold difference with, we can find no good in them and we just capitalise on their bad points. The concept of justice is most important for the Ruler, since he is in charge of his people and the primary disposer of justice in the land. For this reason, the Ruler is given special mention as one of the seven who will be honoured with Allah's Shade.

2 'A youth who grew up in the worship of Allah...'

Indeed, it is a great blessing from Allah for a youth to be guided towards worship and be befriended by the righteous, since it is in youth that a person is most vulnerable to the temptations of life and liable to drift away from the Islamic Path. This becomes apparent when we look at society around us and we see that most of the worldly distractions, such as music, games, clubs, fashion, facebook etc. are all specifically targeted at the young. 'You're only young once!' they are told, which is why many Muslims nowadays waste their youth thinking that they will pray, wear hijab and go on Hajj, etc. when they are old, as if they have a guarantee of longevity from Allah! How well we would do to heed the Prophet's advice when he said: 'Take benefit of five before five: your youth before your old age, your health before your sickness, your wealth before your poverty, your free time before you are preoccupied and your life before your death.'

3. 'A man whose heart is attached to the mosques...'

There is great encouragement in the Sunnah for men to pray in the mosques and the reward associated with it is tremendous. Not only does it make the person eligible for Allah's Shade on the day of Judgement, but, 'he does not take a step [towards the

mosque except that because of it, he is raised by one rank and one sin is removed from him. Then when he prays, the Angels do not cease supplicating for him [for] as long as he remains at his place of Prayer [sayings]: **O Allah send blessings upon him, O Allah have mercy upon him...** (Bukhari).

4. 'Two men who love each other for Allah's sake, meeting for that and parting upon that...'

Having mutual love for the sake of Allaah is one of the great doors leading to the good of the Hereafter and a cause of tasting the sweetness of Iman in this world. Loving one another for Allah's sake means that the Muslim does not love another except for the correctness of his Deen. So it does not matter what the person looks like, what he wears, how rich or poor he is, where he comes from, or what the colour of his skin is - perhaps you dislike everything about him, but you love him for his Eman: this is loving for Allaah's sake.

'Allah, the Mighty and Magnificent says: **"Those who have mutual love for the sake of My Glory will have pillars of light and will be envied the Prophets and martyrs."** (Tirmidhee, Ahmed). SubhanAllah! Imagine being envied by Allah's chosen Messengers and those who were slain in His Path! Such is the reward of those who love one another for Allah's sake.

5. A man who is called by a woman of beauty and position but he says: "I fear Allah..."

This world is full of temptations which lead to burning in the Fire and amongst them is that which comes from women. Many a man has led his soul into destruction on account of the lure of a woman which is why the Prophet (SAW) warned his Ummah specifically about this. He (SAW) said, **"The world is sweet and green and verily Allah is going to install you as successors upon it in order to see how you act. So avoid the allurements of women: verily the first trial for the Children of Israel was caused by women."** (Muslim)

The most important provision which we need to protect ourselves from this and all other temptations in life is the fear (khawf) of Allah. This fact is alluded to in the following Qur'anic Ayah: **"And as for him who feared standing before his Lord and restrained himself from impure evil desires, verily Paradise will be his abode."** (Quran Surat Naazi'at 79:40)

6. A man who gives in charity and hides it, such that his left hand does not know what his right hand gives in charity...

This describes the type of person who goes to great lengths to protect himself from ar-Riyaa. Ar-Riyaa means to do deeds in order to earn the praise and recognition of people. This sin destroys all the benefits that lie in righteous deeds and brings on a serious punishment for the one who commits it. It is particularly dangerous because it is in man's nature to desire and enjoy the praise of others. Thus, great care has to be taken to ensure that one's intentions begin and remain pure whenever good actions (such as charity) are being done. Not like what we see today where we have mosque notice boards announcing who gave what to whom, why and when! Allah warns: **"O you who believe! Do not render vain your charity by reminders of your generosity or by injury, like him who spends his wealth to be seen of men and he does not believe in Allaah nor in the Last Day"** (Quran Surat Al-Baqarah 2:264). May Allah preserve us from this.

7. ...A man who remembered Allaah in private and so his eyes shed tears. Our noble Prophet (SAW) informed us: "If you knew what I knew, you would laugh little and weep much." (Bukhari) Crying is not a sissy thing to do. The Prophet (SAW), who was the best of all creation, would weep as would all of his Companions. Tears are a genuine expression of fear of Allah's Punishment and of our sincere love and awe of Him. But how often do we remember Allah in seclusion and are then moved to tears? How much do we laugh and how little do we weep? Alhamdulillah, through these seven types of people mentioned in the Hadeeth, we have been given clear signposts of the way to attain Allah's pleasure and satisfaction. So dear brothers and sisters in Iman, devote yourself to being one amongst those seven, for indeed fortunate will be those who are granted Allah's Shade on the Day when there will be no shade but His.

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